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Roots

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SHOPPERS DRUG MART
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'Time to move on'
Your one-stop breakup shop
metroNEWS

LIBERALS LOYAL TO THEIR LIST?
Refugee delay right call: Experts
metroNEWS

Trudeau PROMISES TRACKER
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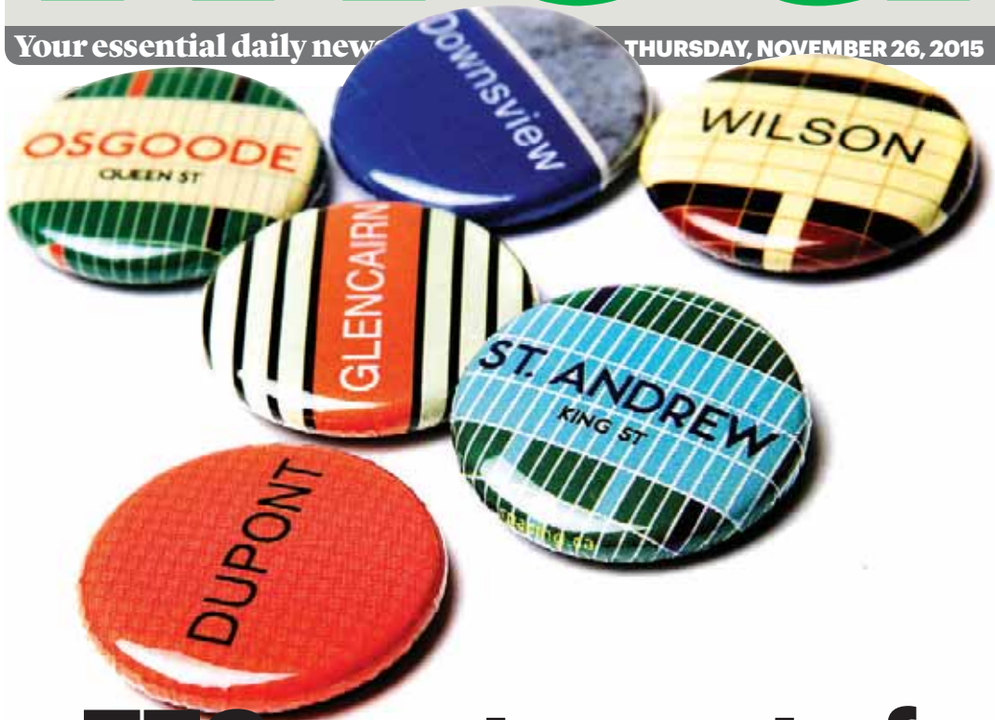
- ☐ TAXATION
- ? REFUGEES
- ✓ CLIMATE
- ☐ INDIGENOUS WOMEN

Toronto metro
Your essential daily news
THURSDAY, NOVEMBER 26, 2015
High 11°C/Low 10°C Chance of showers

Adele
How she got it all
metroLIFE



TTC wants a cut of that Red Rocket swag
BRANDING BOOST | METRONEWS

Contract life 'not fair'

PRECARIOUS EMPLOYMENT

50% of workers in T.O. have unsteady positions: Report

Luke Simcoe
Metro | Toronto

Zachary Fraser has worked for the City of Toronto for 11 years. He may work there for 11 more, or he may be out of job in the next month.

Like many municipal workers, the 29-year-old lives contract to contract. As of September, 40 per cent of people employed by the city — not including agencies like police or the TTC — were classified as part-time or temporary employees.

According to a recent United Way report, 52 per cent of all workers in Toronto — across both the public and private sectors — are in temporary, contract or part-time positions.

The increasingly precarious nature of work in Toronto has led CUPE Local 79 to start a "Good Jobs" campaign. The union represents 20,000 municipal workers and is calling on the city to be a leader in ending precarious work.

That means lobbying for things like guaranteed minimum hours for part-timers and a living wage for all city workers and contractors, said union president Tim Maguire.

"The city has put together its poverty reduction strategy, and we think good jobs should be the first plank of that policy," he said.

Zachary Fraser
LIZ BEDDALL/METRO

Fraser began working for the city's recreation department when he was 16, staffing youth drop-ins in Scarborough and teaching kids to play basketball. It took him 10 years to finally land a temporary, full-time contract, but his livelihood still depends on getting that contract renewed every few months.

"It's not fair," he said. "I've put in the work and I've seen other people get that stability and now I'm asking, 'Why not me?'"

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Climate change threatening Uganda's coffee farmers. **Business**

Black Friday parking perils

SHOPPING

Southwest lot is Yorkdale's best kept secret: GM

Luke Simcoe
Metro | Toronto

Yorkdale Mall's general manager, Claire Santamaria, is used to swapping war stories about parking at the shopping centre.

"We all have friends with stories about someone following them to their parking spot, or about people standing in empty spots to save them," she said.

"And we have crazy stories about people who thought they could create their own parking spot only to find they've blocked in two other rows of cars."

Yorkdale is located at the intersection of two major highways, and Santamaria said about 80 per cent of shoppers drive there — and the push for parking has led the mall to some fairly innovative solutions, all expected to be pushed to the limits on Black Friday.

Valet attendants **Jake Shoychat and Dave Ferensowicz** will likely be working in overdrive Friday as throngs of shoppers descend on Yorkdale Mall. LIZ BEDDALL/METRO

"Our messaging for Black Friday is pretty concise," Santamaria said. "Shop early. Shop late. Take the TTC or use valet parking."

Along with valet parking, the mall's rolled out a mobile-friendly concierge service which can guide you to the nearest available spot — or even save you the trip altogether — and they've added lights to their underground garage telling drivers which spots are available.

As for Black Friday specials, the mall is unveiling a delivery service to encourage people to take the TTC without the worry of heading home with shopping bags.

For a minimum of $20, shoppers can have their purchases sent to their home. If you do decide to drive, Santamaria has a super tip for you.

"Intuitively, people tend to go to the north side of the shopping centre," she said.

"But one of the best kept secrets about Yorkdale is that if you drive along the south road you can find parking in our southwest lot."

32K

The number of cars that visited Yorkdale Mall last year for Black Friday. That's an average of 1,800 cars per hour.

FACTS ABOUT THE BIG DAY

— 19.3 million Canadians plan to shop on Black Friday or Cyber Monday
— 1.2 million Canadians plan to call in sick to work to get some shopping done. Another 6.4 million plan to use a vacation day.
— 12 per cent of Black Friday shoppers said they would be willing to get into an argument with someone over a Black Friday bargain. 34 per cent said they'd seen people get into physical arguments over goods sold on Black Friday.
— The weak Loonie is impacting Canadians' plans to head south of the border for Black Friday deals. A Leger-Web survey conducted on behalf of UPS found only 13 per cent of Canadians are likely to cross-border shop this year, down from 20 per cent in 2014.

IPG Mediabrands

SHOW OFF YOUR T.O. PRIDE

For some shoppers, Black Friday might prove a chance to fill their closets with a little more city pride — at a discounted price.

Whether it's with a Toronto vs. Everybody T-shirt, a maroon-coloured Ossington tuque or simply a T.O. vintage cap, makers of city-themed merch are offering up deals.

Peace Collective, Neighbourhood Project and Tuck Shop Trading Company are among those kicking off the holiday season this weekend with sales.

Peace Collective is offering discounts between 20 and 50 per cent and, as always, a portion of each sale goes to Breakfast for Learning, a program that provides meals to school children in poor countries.

CONTRIBUTED

At Neighbourhood Project, Black Friday will see prices cut 40 per cent.

Some of the tuques on offer from the Tuck Shop Trading Company. CONTRIBUTED

Owner Gigo Elmoselhi said it's a one-day promotion only, and you'll need to know the special code — BLACK40.

Tuck Shop Trading Company, which sells neighbourhood-themed tuques in various cities across North America, has opted to help people cash in on Cyber Monday instead.

It's 20 per cent off on all items, said operations manager Vija Kuras. New and hot arrivals include products representing Ossington, Chinatown and Little Italy.

GILBERT NGABO/METRO

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Forcillo defends conduct in Yatim shooting death

COURT

Police officer testifies that he feared teen was about to attack

For the first time since he shot down a teen on an empty streetcar two years ago, a Toronto police officer charged in the youth's death provided a public explanation for his actions, saying he never intended to kill anyone.

Testifying in his own defence Wednesday, Const. James Forcillo said he feared an attack from the knife-toting Sammy Yatim, which was why — in accordance with all his police training — he fired his gun.

"I never wanted to kill anybody," Forcillo told the court.

Forcillo has pleaded not guilty to second-degree murder and attempted murder in the death of 18-year-old Yatim, who was hit by eight out of nine bullets the officer fired one night in July 2013.

"The first sets of shots were fired because I believed Mr. Yatim was armed with a knife and was in the process of coming off the streetcar at me," Forcillo said.

"The second shots were fired because I believed Mr. Yatim was in the process of getting off the streetcar to continue his attack."

Crown prosecutors have said they plan to prove that Forcillo's actions during the incident weren't necessary or reasonable. Forcillo's lawyer has said his client's actions were justified and carried out in self-defence.

Const. James Forcillo, charged in the shooting death of Sammy Yatim, walks into court in Toronto on Wednesday.
MARTA IWANEK/THE CANADIAN PRESS

The jury has heard that Yatim had taken the drug ecstasy at some point before boarding the streetcar on which he eventually pulled out a small knife, causing panicked passengers to rush off.

Surveillance videos have shown Forcillo arriving at the scene, pointing his gun at the teen and yelling repeatedly at Yatim to "drop the knife." After a standoff that lasts about 50 seconds, Forcillo fires and Yatim is seen crumpling to the floor.

While on the witness stand, Forcillo explained that he had been trained to treat a person with a knife or any other "edged weapon" as a serious threat.

"The saying among police officers is that at close range a knife can be more dangerous than a gun," he said. "It's silent, it doesn't need to be reloaded and it can cause significant damage."

> **The training is to fire your weapon as many times as you think is necessary to stop the threat.** Const. James Forcillo

Forcillo said when facing a person with an edged weapon, he had been trained to draw his gun, try to create distance and watch the person's hands.

"At some point you're going to have to draw what they call a line of consent. If the person advances beyond that line, you're going to have to make a decision on whether to fire your weapon," he said.

THE CANADIAN PRESS

PROJECT SHIFT

YWCA tackles online violence

Gilbert Ngabo
Metro | Toronto

YWCA Canada is taking steps to create a safer online world for young women.

Orange Day — celebrated Wednesday as an international day for the elimination of violence against women — coincided with the non-profit's launch of Project Shift. The initiative aims to better understand and curb online violence.

It's a difficult issue to tackle because the violence "happens silently," said Paulette Senior, CEO of the Toronto-based organization.

People are often harassed through photos and videos shared without their knowledge, she said, calling the psychological impact "enormous."

"Many young girls can be forced to take their lives for being shamed and blamed online," Senior said. "The level of vulnerability is increasing as technology advances."

The multi-year project will work with partners in education, information technology — like social media platforms — and community organizations to develop tools that can help young people be wise and safe during online interactions.

Measures will include looking at what should be included in school curriculums and how parents can help protect children, Senior said.

CRIME

Math tutor, fiancée accused of sexual assault

A Toronto math tutor and his fiancée were arrested Tuesday in connection with a case of gang sexual assault of a 14-year-old girl last year.

According to a released statement, the couple allegedly sexually assaulted the girl in the summer of 2014 at their North York home.

The man, a math tutor affiliated with seven Toronto-area public and private schools, had previously taught the victim for a number of years at a private tutoring company. His fiancée also volunteered at the same location.

The couple eventually befriended the girl and invited her over to their Lawrence Avenue East and The Donway East home several times leading up to the incident.

Police allege Kevin Chan and Kayla Drumonde are accused of attacking a 14-year-old girl. TORONTO POLICE/THE CANADIAN PRESS

Kevin Chan, 32, and Kayla Drumonde, 23, have each been charged with one count of gang sexual assault and one count of sexual interference.

Police believe that there may be other victims because of the suspects' connection with other schools.

Chan has been affiliated with the following schools:

— Dr. Norman Bethune Collegiate from September 2000 to June 2001.

— Avondale Public School from September 2005 to November 2007.

— Willowdale Middle School from September 2008 to March 2009.

— Flemington Public School from March 2009 to June 2009.

— Light in the Attic Learning in 2011.

— Spirit of Math in Markham and Toronto from September 2011 to August 2014.

— Mathnasium of Don Mills from November 2014 to present.

Anyone with information is asked to call police at 416-808-7474 or Crime Stoppers at 416-222-8477. TORSTAR NEWS SERVICE

IN BRIEF

Adults, child saved from carbon monoxide leak

Three people, including a two-year-old child, were rushed to hospital after being rescued from an Etobicoke home with high levels of carbon monoxide Wednesday morning.

Toronto Fire Capt. David Eckerman said when firefighters arrived, the two adults, believed to be in their 30s, were in and out of consciousness. The child was unconscious. TORSTAR NEWS SERVICE

Man killed in hit-and-run

A male pedestrian is dead after a hit-and-run incident in Brampton on Wednesday morning.

Peel Regional Police say the incident occurred on Kennedy Road, just north of Steeles Avenue.

Police believe that a southbound dump truck hit and dragged the pedestrian, 21.

The vehicle did not remain at the scene. Police are unsure if the driver of the dump truck was aware that he or she had struck someone. TORSTAR NEWS SERVICE

Correction

York University experts don't consider the number of bike lanes in Toronto an example of the way the city's led Canada in reducing greenhouse gas emission. Information was incorrectly attributed in a story on page 10 of Tuesday's paper.

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HENRY'S

Black Friday is 'here to stay'

HISTORY OF

The shopping extravaganza now pretty much on par with Boxing Day

Vawn Himmelsbach

A decade ago the concept of Black Friday didn't exist in Canada. But over the past five years it's picked up steam, becoming a part of the Canadian shopping psyche — almost as much as Boxing Day.

In the U.S., Black Friday follows Thanksgiving Day, which always takes place on a Thursday at the end of November. The tradition dates back to 1924 when Macy's held its first Thanksgiving Day Parade (on Thursday), which kicked off the holiday shopping season (on Friday). The term "Black Friday" was coined in the '60s, referring to retailers moving out of the red and into the black.

Shoppers take advantage of Black Friday sales at Macy's in New York City. GETTY IMAGES

Canada, of course, celebrates Thanksgiving in October, so Black Friday doesn't fall on a holiday here. Yet it's still become a popular shopping event.

"The tipping point of when it became an important holiday to retailers is when it became an important holiday for consumers," said Michael LeBlanc, senior vice-president of marketing and digital retail with the Retail Council of Canada.

Over time, more U.S.-based retailers have opened up shop in Canada, lending publicity to the event. "But really what sent the tipping point over was when the dollar was at par," said LeBlanc. So many consumers started shopping on Black Friday — south of the border or on U.S. websites — that Canadian retailers started paying attention.

It was a "defensive-offensive" strategy, he said, adding that cross-border shopping takes about $8 billion out of the Canadian economy each year.

CROSS-BORDER SHOPPING TAKES $8 BILLION OUT OF THE CANADIAN ECONOMY

But it was also seen as an opportunity, since it's a time when Canadians have shopping on the brain. "Last year was probably the biggest milestone because retailers had fully adopted it into their promotional calendars," said LeBlanc.

"It's probably within the last five years that it really caught fire on this side of the border," said Kelly Askew, managing director of retail strategy with Accenture. Initially there was a growth spurt, but the numbers have levelled off, with 61 per cent of Canadians indicating they would participate in Black Friday in 2013 and 2014. This year, that number is 60 per cent, according to Accenture's holiday shopping survey.

"Canadian retailers have fully embraced Black Friday and people aren't dependent upon driving across the border to the U.S. or shopping online at U.S. sites," said Askew. "It's interesting to note slightly more Canadians plan to shop on Boxing Day than on Black Friday, but they think they're going to get better deals on Black Friday."

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2895 Danforth Ave.
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1004 Pape Ave.
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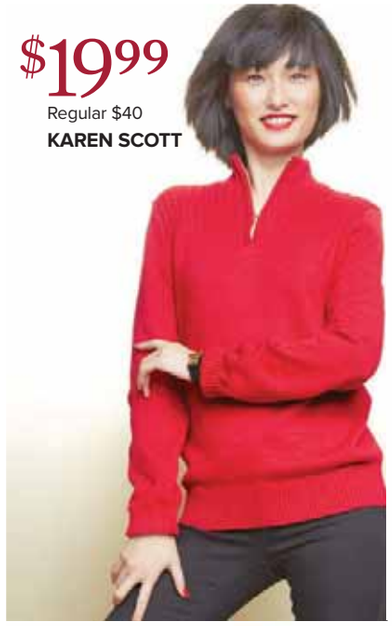

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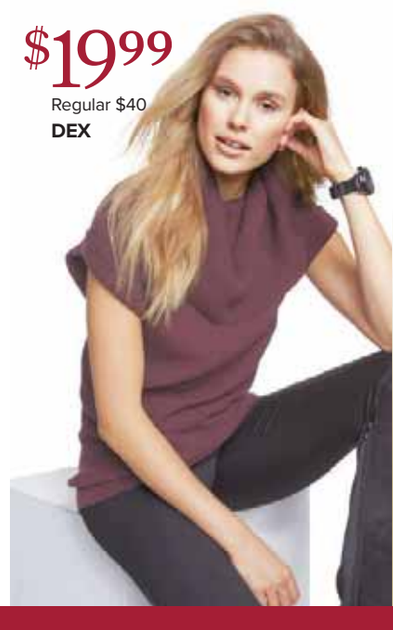

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Dixon's second coming

REGENT PARK

Youth centre is ready to rise from rubble with $3M drive

Jessica Smith Cross
Metro | Toronto

A Regent Park youth centre torn down last year is on its way to a second life.

A fundraising campaign has been launched to replace Dixon Hall Neighbourhood Services, which lost its home last year when a social housing building was torn down as part of a massive neighbourhood revitalization project.

Since then, the service has been running programs out of a temporary trailer. Now, the city and Toronto Community Housing have donated land at Wyatt and Nicholas Avenue that will play home to a new space built by The Daniels Corporation.

They hope to get shovels in the ground next year, but the project needs $3 million to move ahead.

Sandra Costain, Dixon Hall's interim director for children and youth, said the centre has been connecting with youths for more than 60 years through a few of the things they care about: sports, food and crafts.

She used to be one of those youths.

"Dixon Hall has always been a part of my life," Dixon said. "My parents didn't always make the best decisions, but when I was three they took me down Sumac Street to Dixon Hall and I became part of the summer camp."

Today, she leads the team of young people who are delivering programs.

Student Trevlyn Kennedy is another person who's gone full circle at Dixon Hall, becoming a volunteer after attending programs there when she was younger.

"Dixon Hall is extremely important to me because I feel like, as I look back, a lot of the experience that shaped who I am come from my experiences at Dixon," she said. "Whether it be through the camps or the programs they had available — the cooking, the craft — that is what made me into the person I am today."

Having a nice, permanent centre will allow youth to feel at home, Kennedy said.

"They can feel like it's theirs, and not like it's temporary," she said.

Trevlyn Kennedy, a poet and volunteer at Dixon Hall, left, and Sandra Costain, Dixon's interim director for children and youth, with an artist's rendering of the new Regent Park youth centre. JESSICA SMITH CROSS/METRO

> **A lot of the experiences that shaped who I am came from Dixon.**
> Trevlyn Kennedy

FUNDRAISING

'Centre has made a real difference to many': Rae

Former Liberal interim leader Bob Rae is heading up the fundraising effort for Dixon Hall.

"We're going to be asking the residents of Regent Park to do what they can, so there's going to be a community fundraising aspect to the whole thing," he said Wednesday. "And then there are a lot of people who have been very steady and generous donors to all that Dixon Hall does."

Rae's familiar with the area and has been involved with the revitalization of Regent Park. Rebuilding the youth centre will be "an important symbol of continuity" in the neighbourhood, where public housing buildings have been torn down to make way for mixed-income development and new facilities.

Rae said he's determined the $3 million will be raised in time to start building in 2016.

"The youth centre has always been a real gathering place and has made a real difference for an awful lot kids," he said.

JESSICA SMITH CROSS/METRO

Bob Rae TORSTAR NEWS SERVICE

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OPEN 8AM	OPEN 7AM	OPEN 6AM	OPEN 7AM	OPEN 7AM	OPEN 6AM	OPEN 7AM	OPEN 7AM	OPEN 9AM	OPEN 8AM

*One of each prize listed to be given away at each location above on Friday, Nov. 27th 2015 only. No purchase necessary to win.
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Picking up momentum

TRANSPORTATION

Bike use, new infrastructure on the rise across the city

Torontonians make 96,000 bike trips a day and the numbers are growing. So is the city's momentum when it comes to building cycling infrastructure, says the Pembina Institute, a national environmental think tank.

When it comes to building a bike nation, different cities have different strengths and one size definitely does not fit all, said Nithya Vijayakumar, one of the report's authors.

Pembina looked at bike lanes, paths and trails in Toronto, Vancouver, Ottawa, Montreal and Calgary. While Calgary had the fewest bike trips, it had the most kilometres of cycling trails and lanes — 1,032 kilometres — compared with 856 in Toronto.

How much infrastructure and the type of facilities cities need and build depends on their geography and demographics, said Vijayakumar.

Bicycles ply the city's streets, bike paths, parks, and byways. **A recent Pembina Institute study states Torontonians make 96,000 bike trips a day.** MARCUS OLENIUK/ TORONTO STAR

After years of stalling on cycling, Toronto has a plan and is increasing its investment in cycling infrastructure, she said.

"We just need to keep this stride and continue in the direction of pilot projects like the Bloor Street (pilot) being planned for next year."

Toronto council has approved a 44 per cent increase in spending for cycling infrastructure next year. But most of it — $11.7 million of the $13.5-million total — will go to off-street trails, notes the report, called Cycle Cities: Supporting cycling in Canadian cities.

"We have a really great lakefront system and we do have a nice multi-use trail system but those aren't exactly the most proximate to downtown unless you work closer to the waterfront. To make those connections from the multi-use trail system to the places where people live and work there is going to need to be more on-street infrastructure," said Vijayakumar.

But, she noted, the recently expanded Richmond-Adelaide cycle tracks, have filled a gap in east-west routes into downtown.

With the most cycling trips of the five cities in the study — 100,000 — Vancouver also had far fewer on-street bike lanes than Toronto and Montreal — 62 kilometres, compared to 230 kilometres in Toronto.

Among the five cities, Toronto ranked lowest in terms of integrating cycling facilities with transit.

Only 76 per cent of TTC stations are within 400 metres of a bike path or lane. By contrast, in Vancouver and Ottawa all transit stations have cycling proximity as do more than 80 per cent of Calgary and Montreal stations.

"When we're planning new subway or transit, we should look at the accessibility for pedestrians but also see how it can connect to cycling routes or how we can get cyclists closer so they have the choice to cycle to transit," said Vijayakumar.

TORSTAR NEWS SERVICE

POLITICS

Trudeau adopts T.O. motto

Prime Minister Justin Trudeau appears to have co-opted Toronto's official motto "Diversity Our Strength," but nobody at city hall seems to mind.

Trudeau spoke at Canada House in London, England on Wednesday behind a podium bearing the sign: "Diversity is Canada's Strength" in both official languages.

While talking to the Star editorial board last spring, Trudeau lauded the city's multiculturalism as "a model for the world" when he was asked what he thought about Toronto.

Councillor Kristyn Wong-Tam, a diversity advocate on Toronto council, said she is happy if Trudeau is expanding to all of Canada the city's view that everyone is welcome and equal regardless of race, religion, gender, sexual orientation, socio-economic status, abilities and more.

"It's good on the prime minister to champion Canadian values," said Wong-Tam (Ward 27 Toronto Centre-Rosedale), adding that he has "stood up to hatred and bigotry."

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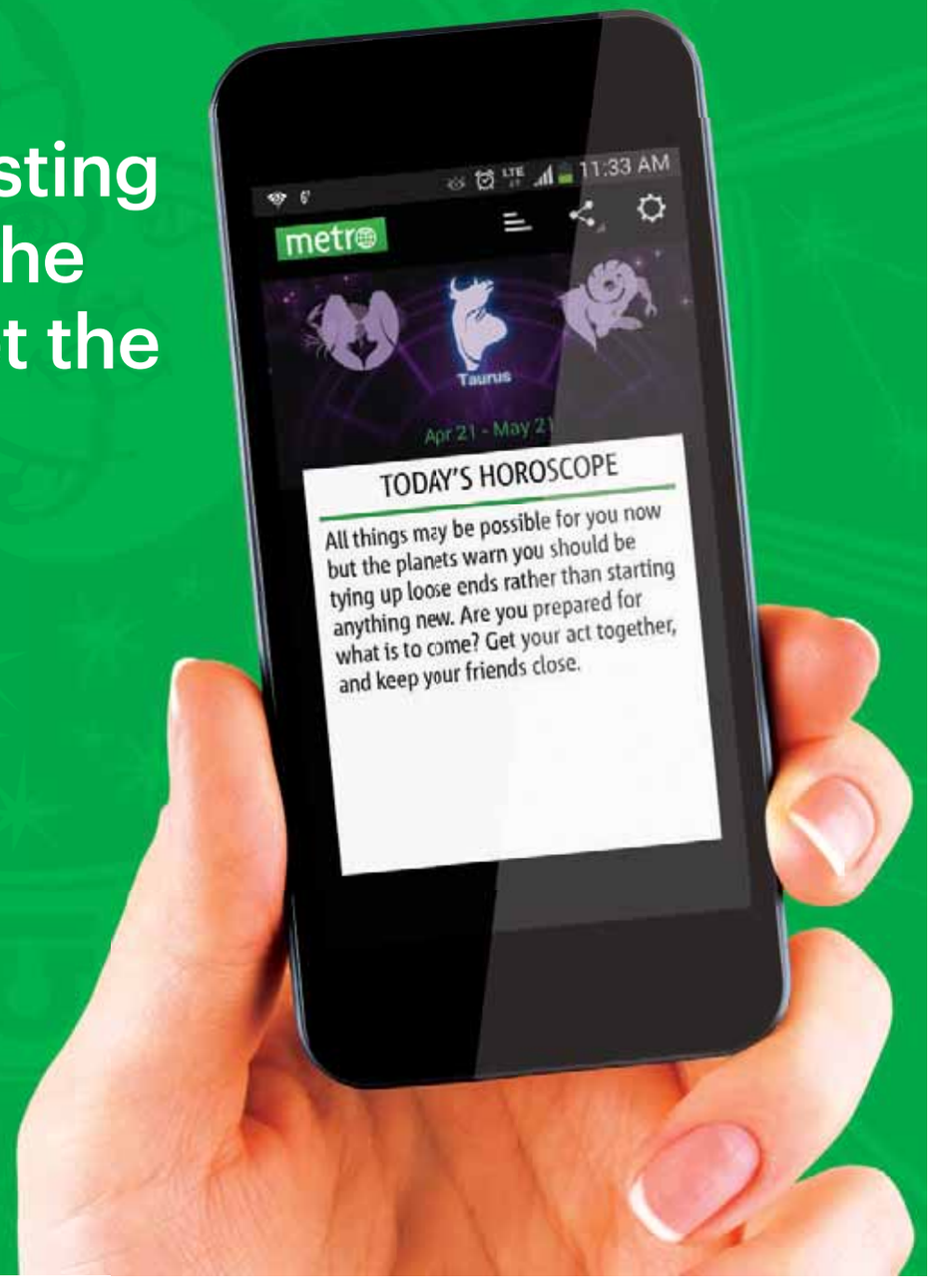
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Following the lead on Black Friday

ALL OVER THE WORLD

Across the globe, countries have jumped on annual day of shopping

Camilla Cornell

Black Friday began as a quintessentially American shopping event, but the custom has since spread around the world. Traditionally the kick-off to the Christmas buying season, Black Friday now has a following in countries without a Christian past such as South Korea and Japan, as well as France, the U.K. and, of course, Canada.

The good news: the mayhem that accompanies the occasion in some countries seems to have been mitigated in Canada by our characteristic politeness. Here's what to expect from Black Friday events across the Globe.

South Korea

In 2013, during Beufle (the Korean name for Black Friday), South Koreans spent more than $1 billion on goods from online retailers based abroad, a 47 per cent leap from 2012, according to customs data.

The reason: tariffs and taxes on goods in Korea can push up prices by 20 to 30 per cent. In spite of customs and delivery costs, deeply discounted items from the U.S. are simply cheaper — even when they originate from Korea (such as Samsung televisions).

It should come as no surprise then that the country launched its own Black Friday event this year to keep the cash at home. This year, it started at the beginning of October and wrapped up mid-month (Oct. 14), getting the jump on its U.S. counterpart.

The upshot: The 22 Korean retailers who jumped on the bandwagon saw a sales increase of a total 719.4 billion won (US$ 634.9 million), or 20.7 per cent over the previous year in the first two weeks of October, according to data compiled by the Ministry of Trade, Industry, and Energy.

Mexico

Inspired by Black Friday, "the good weekend" (El Buen Fin) shopping spree takes place over four days and is pegged to Mexico's 1910 revolution. This year, it kicked off November 13-14.

El Buen Fin began in 2011, as an initiative of the Mexican government, the country's business council and private retailers. Sales have grown steadily – in 2014, they increased by 13.7 per cent over the year before. But the event's success has had its dark side, prompting the Mexican government to warn consumers that credit "can be easy to acquire and sometimes very difficult to pay off."

The U.K.

Britain — which has no tradition of Thanksgiving — managed to ignore Black Friday for many years. In 2010, Amazon introduced the shopping day, but it wasn't until 2013 that it really took off.

That's when Amazon was joined by Asda, a supermarket chain owned by Walmart, as well as other British companies such as Tesco, Sainsbury's, Currys and John Lewis, all offering Black Friday specials.

By 2014, the madness was in full swing. Mail Online reported that several hundred customers tried to break down the door of a Tesco store in Wigan, England before its scheduled midnight opening, Manchester police made three arrests, a woman was injured by a falling TV and at a Tesco staff member in Stretford got a black eye.

France

The French have largely greeted Black Friday with a Gallic shrug of disdain. This is, after all, a country which tends to be unyielding about its set sales periods — which fall in the summer and the New Year. What's more, Les Francais tend to regard the shopping event as a symbol of the worst American consumerism.

That hasn't stopped French merchandisers from trying to cash in, though. Big brands such as Casino, Fnac, Darty and Habitat have launched sales in the past. Still, the occasion isn't likely to rival the U.S. or U.K. for craziness any time soon.

THE U.S.
THE GRANDDADDY OF BLACK FRIDAY EVENTS

The U.S.

Still the granddaddy of all Black Friday events: in 2014, Black Friday sales both in-store and online hit $50.9 billion. This weekend, an estimated 140 million shoppers are expected to hit bricks-and-mortar stores, as well as the web.

On the negative side, the U.S. has a history of Black Friday violence that includes stabbings, brawls and outright havoc. In 2013, two families in Philadelphia — the City of Brotherly Love — fought until one of the women ended matters with a stun gun.

In South Korea, Beufle (the Korean name for Black Friday) started at the beginning of October and wrapped up mid-month (Oct. 14), getting the jump on its U.S. counterpart. ISTOCK

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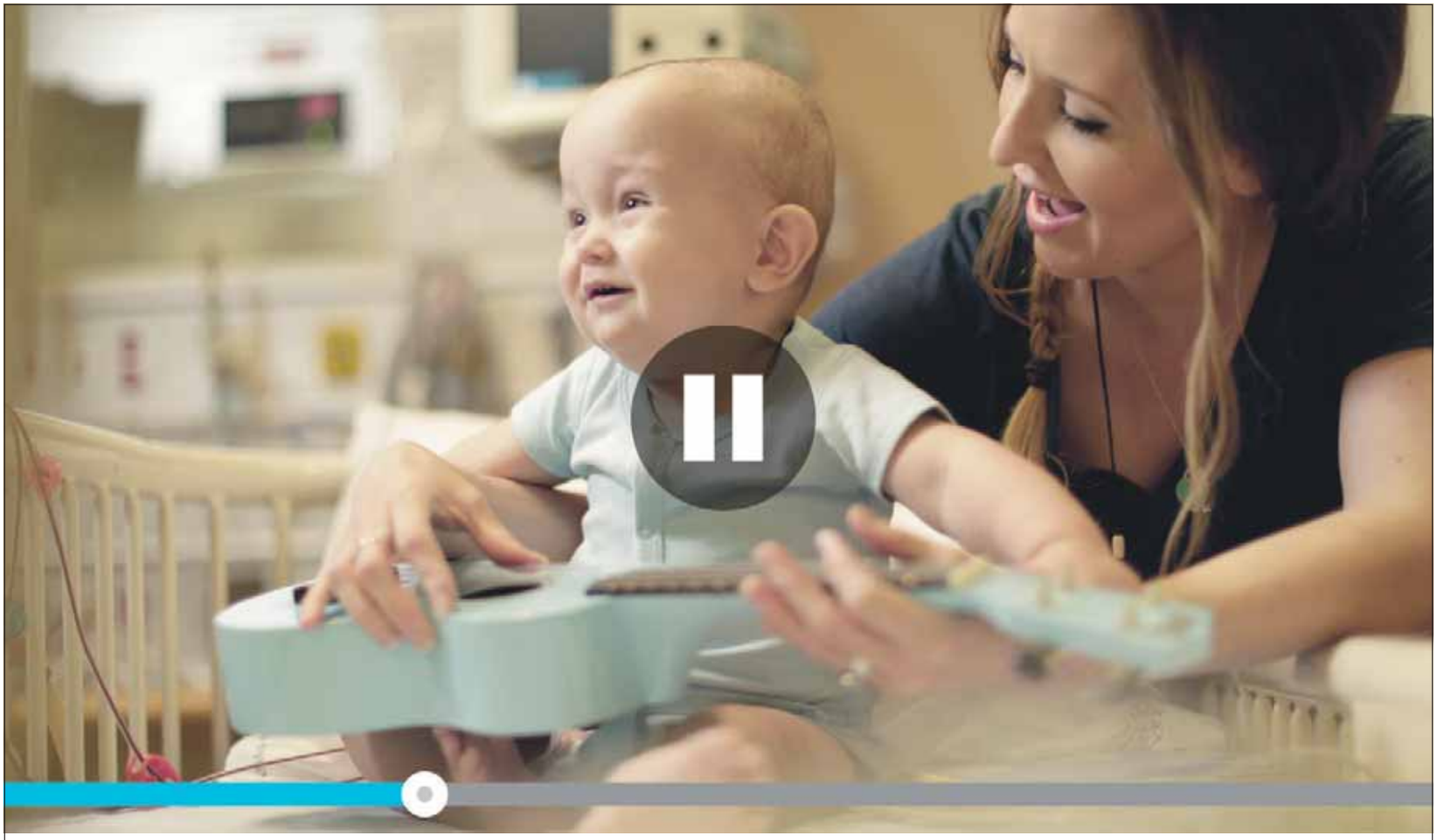

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Under new Ontario regulations, that's what people puffing on medical marijuana — in a joint or an e-cigarette — can now say in any public place where smoking is otherwise banned.

The exemption includes everything from movie theatres to restaurants, offices, stadiums, playgrounds full of children and more — even the legislature, Dipika Damerla, Ontario's associate health minister, acknowledged Wednesday.

She was peppered with questions about the new rules, which leave gray areas in which bystanders — particularly kids — could be exposed to potentially dangerous second-hand pot smoke and how to prove the smoking is a legitimate medical use for cancer, severe epilepsy or other conditions.

But employers, restaurant owners and other proprietors have the right to overrule any medical marijuana smoking, Damerla said.

"As an employer or a restaurant owner you can say 'there's no vaping, no smoking of medical marijuana here'," she told reporters. If a person were to continue smoking "they are breaking the law."

A restaurant owner "could ask for some kind of verification," Damerla added when pressed on what constitutes proof the pot is medically prescribed.

"This is about the fact that somebody who's very ill, maybe in a lot of pain, wants to use. There are many ways to take marijuana. This is one way."

While the smoking of medical marijuana is now permissible in places where cigarettes have been banned, questions remain about the safety of second-hand inhalation. KEVIN FRAYER/THE CANADIAN PRESS

> **"As an employer or restaurant owner you can say 'there's no vaping, no smoking of medical marijuana here.'**
>
> Ontario's associate health minister, Dipika Damerla

NDP Leader Andrea Horwath said she's concerned about people being exposed to second-hand marijuana smoke or vapour, although she wants to take a closer look at the regulations.

"That's something we need to keep in mind... we need to take a closer look," she said, joking that if someone was smoking medical pot beside her in a restaurant that "I'll probably eat more."

Progressive Conservative Leader Patrick Brown didn't quarrel with the regulations and said he wouldn't make "political hay" of the issue.

"If it's for medical purposes, it's for medical purposes," he said. "There's not going to be an overwhelming amount of people in Ontario running out to parks to have their medical marijuana."

The Canadian Cancer Society warns on its website that "people exposed to second-hand marijuana smoke may have many of the same health problems as people exposed to cigarette smoke, including an increased risk of cancer."

Other studies have found medical marijuana significantly improves quality of life and pain control for patients who need it.

Damerla tried to downplay any controversy, saying there are a "very, very limited" number of people in Ontario taking medical marijuana and that allowing them to do so in public is an issue of "balancing" rights.

The government consulted "very broadly with the medical community" before approving the new regulations, she said.

A group called Canadians for Fair Access to Medical Marijuana called the policy an "important milestone in the recognition of the legitimacy of the use of cannabis as a medicine."

"Ontario has taken a huge step forward," executive director Jonathan Zaid said in a statement.

"Many patients, including myself, choose to vaporize their medicine, and any prohibition on vaporizer use would have severely limited the ability of patients to use their medication as prescribed."

TORSTAR NEWS SERVICE

SUBWAY TAX

City challenged over Scarborough subway

A powerful organization representing developers and builders says the city should scrap plans to build the Scarborough subway because the number of potential riders doesn't justify the $3.56-billion price tag.

The Building Industry and Land Development Association, better known as BILD, is taking on the city at the provincial body that handles land and development disputes, the Ontario Municipal Board, Torstar News Service has learned, a move that could cost the city millions.

It is also challenging the planning foundation for the three-stop subway — which council controversially approved last term over a seven-stop LRT that was fully funded by the province. BILD is raising red flags about the city's ridership projections.

Bryan Tuckey, BILD's president and CEO, says homeowners across the city should not be on the hook for a "political decision."

"The ridership numbers that we have demonstrate that what's needed in that area is light rapid transit," said Tuckey, whose background is in city and provincial planning.

"We want to have fair and accountable use of development charges."

The appeal by BILD contests a bylaw for what are called development charges, fees collected by cities from builders to fund future infrastructure projects.

In May of this year, the city approved a plan to phase in new development charges to pay for its share of the subway. The city says it needs to raise $910 million in capital costs. Most of that — $745 million — is expected to come from a Scarborough subway tax on every resident's property bill. That levy has been in effect since 2014, collecting $39 million in the first two years and is expected to ding taxpayers for the next 30 years.

The rest, $165 million, the city hopes to collect through development charges.

This spring, BILD argued the citywide charge, which is applied when a building permit is issued, had been ushered in too quickly and put an unnecessary burden on new home buyers.

"Development charges are a tax on new homes," Tuckey argued at a press briefing on the housing market Wednesday. "It is unreasonable and unfair to put the cost of infrastructure on the backs of new homeowners."

In May, council rejected staff advice to accept a compromise with BILD on the development charges, one that may have cost the city $4 million but would have avoided what the city's chief financial officer, Rob Rossini, called the "wild card" of an appeal.

Just over a month later, BILD filed their appeal to the OMB. The appeal argues the city's ridership projections for the subway have been exaggerated.

TORSTAR NEWS SERVICE

DETAILS

Subway vs. LRT ridership: The TTC projected the subway would see at least 9,500 people riding the subway per peak hour in a peak direction. The LRT was projected to carry 8,000 people using the same measurement.

Stops: The subway would have three stops from Kennedy Station to McCowan Road and Sheppard Avenue. The LRT would have seven stops from Kennedy Station to Sheppard east of Markham Road.

Length: A subway, if routed along McCowan Road, would run 7.6 kilometres. The approved LRT plan stretched 9.9 kilometres.

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TTC looks into what's in store

BUDGET

Revamped licensing rules may combat $58m shortfall

Luke Simcoe
Metro | Toronto

A few days ago, TTC chairman Josh Colle did a Google image search for "TTC merchandise."

"There were pillows, beer, laptop cases, cards, buttons, shower curtains, cups, books, everything with our logo or our vehicles on it," he said. "It's stunning how much of it is out there."

The problem, Colle says, is the TTC doesn't see a cent from any of the companies selling red-rocket swag. That needs to change, he said.

Colle is calling on the TTC to investigate ways to better licence — and leverage — its brand. With the transit provider facing a projected $58-million shortfall for 2016, he said a more "robust" merchandising program could add some much-needed cash to the coffers.

"Do I think it's going to solve our funding woes? No. But if it's an enhanced revenue stream that adds something beyond the fare box and advertising that's a good thing," he said.

Colle is looking at how other transit systems have licensed their intellectual property and said the TTC could model its own policy after ones created by Transport for London and the Metropolitan Transit Authority in New York.

In New York, for example, there's a sophisticated process that allows licencees to use the agency's logo, token designs and signage — for a fee. Research by Colle's office suggests the policy generates more than $200,000 a year.

"I was in a Toys 'R' Us in New York with my son and there was an entire section of stuff dedicated to the transit system," Colle said.

At this point, it's not clear how much the TTC could earn by expanding its licensing regime.

"Whatever numbers come back will probably underestimate it," Colle said. "The TTC has traditionally not realized what it's sitting on in terms of that value."

Matthew Blackett, publisher and creative director of Spacing, isn't so sure.

Blackett acknowledged TTC-themed items sell well in the magazine's store, but he cautioned the transit agency against revamping its licensing terms. He said a policy would be difficult to police and could apply only to things on which the TTC holds copyright.

"The current regime has the right idea," he said. "They're not going to make a lot of money from licensing, so let anyone do what they're doing as long as it doesn't damage the brand."

In 11 years, Blackett said Spacing has sold about 500,000 TTC subway station buttons. If there was a licensing deal in place, he said the TTC's cut might be $50,000.

Everything from **TTC-themed coasters**, far left, to mugs, very top, to guitar picks, bottom left, to cufflinks is available in Spacing Magazine's retail store on Richmond Street West. COURTESY SPACING STORE

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TRANSIT

Bombardier rejects meeting

Issues in a Mexican supply plant have hampered the Thunder Bay assembly plant, leading to a delay in delivering Toronto's streetcar order, Bombardier said. TORSTAR NEWS SERVICE FILE

Bombardier's absence went unremarked at Monday's TTC board meeting.

But transit officials were already aware the Montreal manufacturer had declined its request to appear there and publicly explain why it has failed to deliver on Toronto's $1.25-billion streetcar order.

The company's refusal wasn't about whether to address the issue in public or private, said spokesman Marc Laforge in an email to Torstar News Service. Company officials have had many discussions with TTC officials and there are legal considerations, he said.

"We told the TTC that we are more than willing to engage into discussions with the chair of the board and other board members if they want to, with (CEO Andy) Byford and the project team," he wrote.

Those discussions could extend to all the delays, including those beyond Bombardier's control and those caused by the TTC, he said.

"At the same time ... the board has authorized the TTC's general counsel to commence a claim or legal action against Bombardier. The contract signed with the TTC sets forth an exclusive dispute resolution process providing for confidential and without prejudice discussions between TTC and Bombardier in an effort to settle the dispute," he wrote.

TTC chairman Josh Colle said he wasn't surprised Bombardier executives declined the invitation. The company cited legal reasons.

But its executives probably recognized how angry the TTC is about the delays, Colle said. "They probably expected what they were in for."

Colle, a city councillor, said he hasn't spoken directly to Bombardier since but may reach out in the coming weeks.

The 12th low-floor streetcar arrived in the city on Tuesday. But Colle says he won't believe that 16 — the most recently promised number — will arrive in the city by the end of the year until he sees it.

"It's almost December. You can do the math," he said.

Before October, the TTC had expected 20 low-floor, accessible cars out of a total order for 204 this year. Before that, the commitment had been 73 in 2015.

While it has started the claims process for the $50 million in damages for late delivery set out in the Bombardier contract, the TTC says it is gathering information for a separate lawsuit that would go after costs associated with waiting for the new streetcars. TORSTAR NEWS SERVICE

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Handmade creations for feet

Jennifer Allison, founder of Toronto's Art and Sole Academy, learned how to design shoes in New York. It was a design project in Peru, however, that inspired her to return to the roots of hand-made shoe-crafting. Her Leslieville academy works with people of all skill levels to design modern shoes through traditional techniques. The school, at 20 Leslie St., is opening its doors Thursday for a tour and holiday market, selling items designed by students, teachers and local artisans.

MALLORY CHATE/FOR METRO PHOTOS BY LIZ BEDDALL/METRO

A wall of lasts: The building block of the shoe. The last determines the toe shape and heel height and are matched to the client's foot so they can build the perfect pair of shoes.

Jennifer Allison, founder of Toronto's Art and Sole Academy, says she crafted her first pair of heels in New York after requesting to shadow a handful of shoemakers in their studios.

A bin of scrap leather from previous projects is often dug into for baby shoes.

Dorothy the dog serves as a morale-booster to Art and Sole clients, who may find the shoe-making process more intricate than expected.

The Toronto Art and Sole Academy, which has been running since 2014, uses no industrial machinery and provides all-natural materials.

Hayley Phillips wets the leather of her shoe-in-the-making and wraps it, finally cementing it with glue for attachment.

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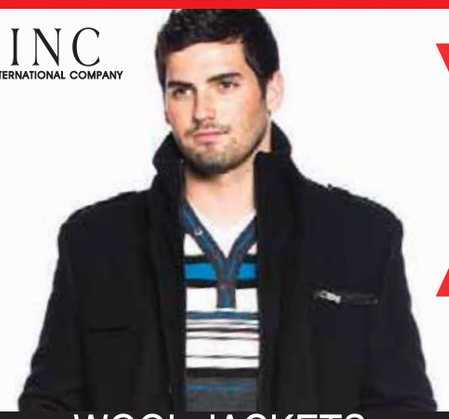

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Crowds gather outside Macy's in New York City in 2012 in advance of the midnight opening to start the store's Black Friday shopping weekend. GETTY IMAGES

A security guard stands outside the west doors of the Eaton Centre, waiting for the go-ahead to open the doors on Black Friday 2012. TORSTAR NEWS SERVICE

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METROLINX

Should I stay or should I go?

CROSS-BORDER

Shoppers must decide if it's worth heading down south

Paul Sullivan

To go or not to go? That is the question.

Cross-border shopping on the Black Friday weekend, that is.

This year, the answer seems obvious: the Canadian dollar.

Why would you endure two-hour lineups at the border, insane crowds, and risk outlet mall fast food poisoning, when the loonie is worth about 77 cents U.S., and any fabulous bargains you may encounter will be wiped out by the exchange rate?

Clearly, the deflated Canadian dollar has already taken the air out of cross-border shopping. The Business Council of British Columbia says cross-border shopping trips by British Columbians are down 28 per cent since 2013. And a recent survey by Retailmenot.ca (love the name) said 66 per cent of Canadians no longer believe cross-border shopping is worth it.

39% FEWER CANADIANS ARE CROSSING THE BORDER

But wait. A slightly deeper analysis — emphasis on slightly — might cause you to think twice, and climb back into the car in search of cheap cheese and cheaper digital devices.

The thing about Black Friday is it's not just about shopping, or rather, it's all about shopping and that's what America does best.

For all intents and purposes, therefore, Thanksgiving in the U.S. is really a four-day weekend. And thanks to its proximity to Christmas, it's a shopping-palooza.

There's nothing like it in Canada. Here, retailers try to start whipping up enthusiasm for Christmas by hauling out the decks the day after Halloween, and while the same thing happens in the U.S., the countdown to Christmas takes off with a legislated bang on Thanksgiving.

All across America, Santa Claus returns in triumph to Macy's. The tree is lit in the square, and on Friday the doors open to arguably the biggest annual shopping spree on Earth.

And all along the border, from the Peace Arch to the Peace Bridge, we can either stand there with our noses pressed against the glass or get in the car and get us some.

But…is it worth it? The short answer is yes. And there is data to back that up. According to bestblackfriday.com, the total overall expected Black Friday discount for 2015 will be 39.55 per cent. It doesn't take a lot of math skills to realize that it's still a good deal, despite the 77 cent loonie.

On the flip side, according to a recent survey commissioned by UPS, this U.S. Thanksgiving, the number of Canadians likely to buy goods from the U.S, either online or by cross border shopping, has dropped by 22 per cent since 2014 (37 per cent vs. 29 per cent in 2015) The unfavourable exchange rate is listed as the top reason.

On par with 2014, 39 per cent of consumers unlikely to shop in the U.S., prefer to shop Canadian, and 26 per cent of these shoppers highlighting that local retailers are offering Black Friday sales.

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PREVIEW

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NOW 60% off*
LOWEST TICKETED PRICE
*Selected styles.

NOW 70% off*
LOWEST TICKETED PRICE
*Selected styles.

Packaway Light Down Filled Bombers
$39.99 from
WAS $99.99

NOW 60% off*
LOWEST TICKETED PRICE
*Selected styles.

Ugly Christmas Sweaters for Him & Her
$20
WAS $49.99

NOW 60% off*
LOWEST TICKETED PRICE
*Selected styles.

Onesies for Him & Her
$20
WAS $49.99

NOW 60% off*
LOWEST TICKETED PRICE
*Selected styles.

Men's Sweaters
$10 from
WAS $29.99

NOW 60% off*
LOWEST TICKETED PRICE
*Selected styles.

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HOLIDAY SALES EVENT

NOVEMBER 27 TO JANUARY 7

Nikon

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Made for Generation Image.

Shazlin Rahiman is among many taking advantage of the new BuddyUpTO service. CONTRIBUTED

BuddyUpTO helps travellers feel safe

NETWORKING

Grassroots Facebook group offers peace of mind

Luke Simcoe
Metro | Toronto

A new grassroots initiative to help people feel safe walking home has helped restore one young woman's faith in the city following a spate of "racist and Islamophobic" incidents.

Shazlin Rahiman moved to Toronto a year ago. The 32-year-old is of Malaysian descent wears a hijab and describes herself as "a very visible Muslim."

She always felt safe moving around the city, but said that changed after the recent terrorist attacks in Paris. In the days after the tragedy, a woman wearing a hijab was attacked in Flemingdon Park and both the TTC and GO Transit reported incidents of Muslim passengers being harassed.

"I was getting nervous glances from people on the TTC and it made me feel very uncomfortable," Rahiman said.

She posted her concerns on social media and a friend directed her to BuddyUpTO, a Facebook group started by Kanwar Saini and Mita Hans to connect people with travelling buddies around the city.

At least a dozen people have been connected with buddies since the site launched about a week ago.

Through the group, Rahiman arranged to meet with another woman next time she went out to an event.

"It was great. We had a mutual friend and we had a really nice chat," she said. "And I didn't feel like I had to watch my back all the time because someone else was with me."

Rahiman said she was also thrilled to see people in the group overtly condemning any anti-Muslim sentiment.

> **"I felt that maybe they were quietly looking out for me.**
> Shazlin Rahimin

"Seeing the huge number of people speaking out on the page really restored my sense of security in the city," she said. "I feel safe moving around by myself again."

Her experience even changed how she feels about those nervous glances on the TTC.

"I used to look around and wonder what they were thinking about me as a woman in a hijab. I felt they were looking at me with some degree of hostility," she said. "But after the interaction with the group, I felt that maybe they were quietly looking out for me."

MARKHAM

Man's body discovered in car

York Regional Police are investigating after the body of a man was found in a car in Markham on Tuesday.

According to a released statement, an officer on patrol found the body while checking out what appeared to be an abandoned vehicle around 12:15 p.m.

The car was sitting outside an unoccupied house near Kennedy and Elgin Mills roads.

A post-mortem is being held Wednesday to determine the cause of death.

The deceased has yet to be identified.

Anyone with any information is asked to contact York Regional Police at 1-866-876-5423 ext. 7541, or Crime Stoppers anonymously at 1-800-222-TIPS. TORSTAR NEWS SERVICE

Breaking hearts good for brothers' new business

ENTREPRENEURSHIP

Services range from $5 on up for ending relationships

Mallory Chate
For Metro | Toronto

Two brothers are turning what can be one of the messiest of life situations into a business.

The Breakup Shop hit the market two weeks ago not too long after Mackenzie Keast, a Torontonian and one of the co-founders, was "ghosted" by a girl he'd been seeing casually.

No email. No letter. Not even a Snapchat. She, simply, disappeared. And it got Keast thinking — maybe there's a market out there for helping people who say they want out.

Keast and his brother, Evan, started building the plan and are recruiting what they call "heartbreakers" — people who will help craft on-demand messages the shop sends to people who enlist their services.

Those services range from the very basic Snapchat messages to flower bouquets accompanied by a text to personalized breakup phone calls, placed of course by one of the heartbreakers. Prices start at $5 and go up from there depending on the level of service.

Customers can add to any package by sending items like copies of The Notebook or cookies through the company's online gift shop. One option — the $80 breakup gift pack — comes packaged in a box called the "memory oven," which the creators suggest filling with memories of your ex and setting on fire.

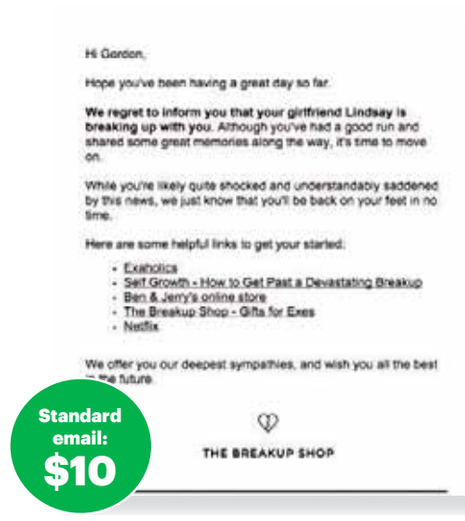
"Give us the money and we will give you the service," Keast said.

While they're not love experts, the brothers have, over the years, "been on both sides" of the difficult-to-end relationship equation, Keast noted.

That said, they're looking to hire at least some "heartbreakers" with backgrounds in things like couples therapy and psychology.

They're also looking to expand into face-to-face breakups, carried out, of course, by a complete stranger.

Evan, left, and Mackenzie Keast, co-founders of The Breakup Shop. CONTRIBUTED


Hi Gordon,
Hope you've been having a great day so far.
We regret to inform you that your girlfriend Lindsay is breaking up with you. Although you've had a good run and shared some great memories along the way, it's time to move on.
While you're likely quite shocked and understandably saddened by this news, we just know that you'll be back on your feet in no time.
Here are some helpful links to get your started:
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Self Growth - How to Get Past a Devastating Breakup
Ben & Jerry's online store
The Breakup Shop - Gifts for Exes
Netflix
We offer you our deepest sympathies, and wish you all the best in the future.
THE BREAKUP SHOP
Standard email: $10

ALL SCREENSHOTS FROM BREAKUPSHOP.COM

CRIME

Truck thieves up to no Gouda

Three men are in custody after attempting to pull off a massive cheese heist in Vaughan early Wednesday morning.

According to police, the suspects allegedly stole a parked tractor trailer 'loaded' with dairy near Hwy 7 and Vaughan Valley Blvd. in Brampton around 1:40 a.m.

They then managed to make it to the area of Hwy 7 and Hwy 427 in Vaughan before crashing the truck and taking off on foot. One of the suspects was later arrested driving another car and the other two were located trying to hail a taxi.

Police followed the truck using an installed GPS system and a canine unit was brought in to track down the suspects.

Although unsure of the exact amount, "there might've been between 30,000 and 36,000 pounds of cheese in the truck," said Const. Andy Pattenden. "The truck was fully-loaded."

He also noted that police have 'no idea' if the thieves were specifically targeting the cheese or not.

Clearing the scene and reloading the cargo onto another truck took crews over 10 hours Wednesday morning.

Harpreet Singh, 36, 19-year-old Saurav Kumar and Kulvir Bains, 31 are facing theft over $5000 charges and will appear in court for a bail hearing Wednesday afternoon.

Thefts targeting cargo trains and trucks have been an ongoing issue for police in the area. "Having alarm systems and GPS systems onboard are the best ways to protect against those kinds of thefts," said Pattenden.

TORSTAR NEWS SERVICE

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INSURANCE SCAM

Five fired in TTC fraud

Five TTC employees were fired after an investigation found they had participated in an alleged benefits fraud scheme, the transit commission announced Wednesday.

"Benefits fraud and making inappropriate benefits claims costs the TTC — and ultimately the public — money. And this is something that we, as an employer, take seriously," TTC spokesman Brad Ross said.

The dismissals come in the midst of an ongoing investigation into benefits fraud at the TTC.

In July, police charged the owner and two staff members at Healthy Fit for their alleged roles in taking more than $4 million from Manulife Financial through the transit provider's benefit program.

The business, which provided "health care products and services to some TTC employees," allegedly gave receipts to workers when "no product or service was obtained or where receipt amounts were inflated," according to a TTC release.

TTC insurer Manulife Financial would issue a payment, and Healthy Fit and the claimant would share the cash.

"This is being taken extremely seriously," TTC chairman Josh Colle said. "We expect there will be more dismissals." He said Manulife was "completely lax" and did not exercise proper oversight.

"Where were their controls? And where was their oversight?" Colle said.

Colle then claimed he was not blaming Manulife, saying, "There's lots of people who should've had better oversight on this. We're the ones who actually called in the police and (dismissed) people."

TORSTAR NEWS SERVICE

Police asked to make sure T.O. stays Sanctuary City

LAW

Committee recommends ways to protect immigrants

Gilbert Ngabo
Metro | Toronto

City council is looking for ways to ensure police officers don't violate Toronto's Sanctuary City policy.

Council's community development and recreation committee came up with a list of recommendations Wednesday — days after a report showed that police have, on several occasions, reported undocumented immigrants to Canada Border Services.

Among the recommendations, which will be reviewed by city council next month, is that victims of crime not be asked about their immigration status.

"We want anybody to be able to come forward without thinking that they might be deported," said Ward 18 Coun. Ana Bailão, one of the committee members.

"We don't want to drive these people even more underground," she said.

"We actually want them to feel protected in this city."

The Often Asking, Always Telling report was compiled by No One Is Illegal, a community organization advocating for immigrants.

It found, among other things, that Toronto police had reported more than 3,000 people to federal officials between November 2014 and June.

More than 80 per cent of those reported had no outstanding immigration warrants, the report said.

"That is totally illegal," said Ciaran Breen, an organizer at No One Is Illegal.

"We are asking that police implement a complete don't ask don't tell policy."

Breen said there's a lot that still needs to be addressed in the city's sanctuary policy.

It's still a struggle for undocumented people to access health care, for example, and some refugees have reported not having access to education, he said.

"It is very concerning. Going to school isn't something that should be denied to anyone."

Sanctuary City campaigners at city hall when the issue was debated in June.
TORSTAR NEWS SERVICE FILE

THE POLICY

Crafted to keep Torontonians safe

- City council approved its Sanctuary City policy in June 2014, in a move to emphasize that everyone in the city, regardless of their immigration status, is a Torontonian.
- The policy calls for staff to avoid collecting immigration information from residents, and aims to make it easier for the city's estimated 200,000 undocumented immigrants to have access to city services.

CRIME

Couple who left kids in car outside casino face charges

Police say a Toronto couple is facing child abandonment charges after two kids were left in a car outside a casino.

Durham Regional Police say they were called to the Great Blue Heron Casino in Scugog on Tuesday night. They say they found a three-year-old and a five-year-old sleeping inside an unlocked van parked outside.

Police say the children appeared cold due to outside temperatures hovering around the freezing mark, but neither one needed medical intervention. Their 35-year-old mother and her 58-year-old husband were inside the casino gambling.

Police say the children are now in protective custody.

TORSTAR NEWS SERVICE

RETIREMENT HOMES

Woman sought in two thefts

Police are looking for a woman following thefts at two different retirement homes in Burlington earlier this month.

According to Halton police, someone broke into residents' rooms during scheduled meal times and stole cash and banking cards. The incidents are believed to have occurred between 4 p.m. and 5 p.m. on Nov. 19.

The suspect is described as white and in her early to mid-40s, with blond hair.

She is around five-foot-eight with a thin build and appears to be well-dressed and clean-cut.

TORSTAR NEWS SERVICE

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Shoppers take advantage of Black Friday sales at Macy's in New York City. GETTY IMAGES

The Big Apple or the Big Smoke

WHO DOES IT BETTER

Comparing city shopping experiences here and south of the border

Takara Small

In a shopping showdown between New York and Toronto which city comes out on top? At first glance, one might assume that New York, one of the world's largest cities, would win hands-down. However, The 6 (which Canadian-born rapper Drake affectionately calls Toronto) has a lot going for it (including great culture) when it comes to scouring the shops.

Shops

In New York, it's easy to find some of the world's most popular shops while walking along infamous streets like Madison Avenue and 5th Avenue.

Looking for a new outfit and kitchen supplies? Head to Macy's, which stands 11 floors and is the largest department store in the world; then stroll through any of the city's fashionable neighbourhoods — such as Soho or Greenwich Village — where must finds include vintage outfits, as well as brand-name gems.

"It's about finding that unique find," says Franchesca Wahking, 27, who visits New York at least once a year. "There are some boutique stores and department stores there that we just don't have here [for example Saks, Nordstrom and Japanese brand Uniqlo are just a couple].

Despite all of these options, it's tempting to leave the city that never sleeps empty-handed thanks to our retreating dollar making U.S. deals far less enticing. Thankfully, many once U.S.-based only stores are making their way to Canada with prices more in line with our currency rate.

At the end of the day, New York's enviable sales tax may be enough to sway some shoppers to choose the American city over Toronto. The Big Apple's 8.875 per cent sales tax on goods and services is significantly less than Ontario's 13 per cent harmonized sales tax.

Winner: New York City

Getting Around

Since some people consider shopping an athletic endeavour ("Shopping is my cardio," says Sex & the City's Carrie Bradshaw), it only makes sense that a city's walkability would play into its overall shopping experience.

MACY'S, STANDS 11 FLOORS AND IS THE LARGEST DEPARTMENT STORE IN THE WORLD

New York City's abundant sidewalks (there are more than 20,500 kilometres of them) and bike lanes (which reached 1,000 miles - more than 1,600 kilometres - in September) make it easy to get around, even if they are over-crowded.

Meanwhile, Toronto was ranked the second most walkable city in Canada (Vancouver came out on top) by Walk Score, a Seattle-based company which measures the walkability of cities and neighbourhoods across the continent.

From a transit perspective, Toronto may have a bad rep (to some), but the same company, Walk Score, thinks differently rating Toronto No. 1 in Canada. And to expand the TTC and other transit lines are slowly taking shape.

Winner: Toronto

Deals

Shopping doesn't have to be expensive; there are deals galore for the frugal or financially savvy consumer.

Toronto malls are known for their giveaways. On Black Friday last year, for instance, Yorkdale Shopping Centre gave away $50 gift cards to the first 100 shoppers to arrive, while Richmond Hill's Hillcrest Mall gave a $10 gift card for every $100 gift card purchased.

New York City may not have the same mall giveaways, but they do have a dizzying number of outlet malls featuring everything from last season's luxury brands to deeply discounted gadgets.

The perks don't stop there: New York's seven-day MetroCard costs US$31 (about CAD$41 at the time of publication) and includes monthly-featured discounts for famed tourist attractions, such as NYC's botanical gardens and Madam Tussands. Toronto's weekly metro pass slightly squeaks ahead in price at $40.75 ($33 for students/seniors). Discounts for tourist attractions including the Royal Ontario Museum and Hockey Hall of Fame are only available for monthly Metropass holders.

Of course, Black Friday sales vary greatly and, like most holiday deals, are determined by department store management and not exclusive to one city – which means sales offered by New York City's major retailers can be found in other U.S. stores.

Winner: Tie

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ALL REMAINING

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ON CRUZE LT W/ REMOTE STARTER
$23,820 MSRP

ALL REMAINING

2015 MALIBU

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ON SELECT

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ALL REMAINING

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ON TRAX 1LT AWD
$26,210 MSRP

ON SELECT

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ON EQUINOX 1LT AWD
$31,770 MSRP

ON SELECT

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Prime Minister Justin Trudeau meets the Queen during a private audience at Buckingham Palace, London, on Wednesday. YUI MOK/THE ASSOCIATED PRESS

PM makes return to London palace

UNITED KINGDOM

Trudeau family visits with Queen

Prime Minister Justin Trudeau reacquainted himself with Queen Elizabeth, this time as the prime minister of Canada rather than the son of Canada's parliamentary leader.

Trudeau, making his second whirlwind tour on the international summit circuit in as many weeks, met the Queen at Buckingham Palace Wednesday morning.

> **You were much taller than me the last time we met.**
> Justin Trudeau

"Good morning . . . Very nice to see you again," the Queen told Trudeau as they shook hands. "In rather different circumstances, isn't it?"

"I will say, you were much taller than me the last time we met," Trudeau said, to laughter from the Queen.

"Yes, it's extraordinary to think of, isn't it?" the Queen answered, before taking a seat across from Trudeau to have a private conversation.

Trudeau shares history with the Queen, having met the now 89-year-old monarch when he was a child and his father, Pierre Trudeau, was prime minister.

On this trip, the Queen also met Sophie Grégoire-Trudeau and two of their three youngsters, Ella-Grace and Hadrien, who are travelling with them.

Trudeau then delivered a speech at Canada House in Trafalgar Square. He confirmed Canada would bring in 25,000 Syrian refugees by the end of February.

The government had originally pledged to meet its target by the end of the year, but pushed back the deadline this week.

THE CANADIAN PRESS
& TORSTAR NEWS SERVICE

DIPLOMACY

Justin Trudeau took to the international stage to pitch his Syrian refugee plan as an example of Canada's unique diversity to the world.

"We have a responsibility ... to show that inclusive diversity is a strength and a force that can vanquish intolerance, radicalism and hate," the prime minister said at Canada House.

THE CANADIAN PRESS
& TORSTAR NEWS SERVICE

SECURITY

Police need ready access to internet user data: RCMP

RCMP Commissioner Bob Paulson says the police force needs warrantless access to Internet subscriber data to keep pace with child predators and other online criminals.

In June last year, the Supreme Court of Canada ruled police must have a judge's authorization to obtain customer data linked to online activities.

The high court rejected the notion that federal privacy law governing companies allowed them to hand over subscriber identities voluntarily.

Police say telecommunications companies and other service providers — such as banks and rental companies — now demand court approval for nearly all types of requests from authorities for basic identifying information.

Paulson said he favours an administrative scheme that would give police ready access to a customer's name and address while respecting the Charter.

The Supreme Court judgment came amid mounting public concern about authorities quietly gaining access to customer information with little oversight.

THE CANADIAN PRESS

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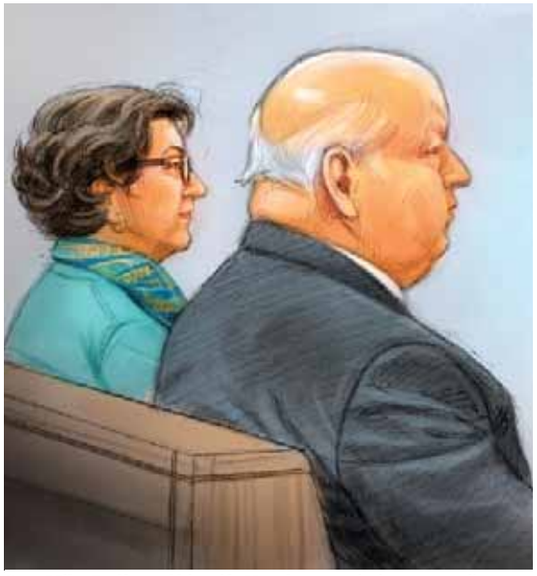
Duffy trial ponders do-it-all Donohue



Sen. Mike Duffy and his wife Heather watch the proceedings at his trial in Ottawa on Wednesday. GREG BANNING/THE CANADIAN PRESS

COURTS

Eight charges focus on cash and tasks given to assistant

A sounding board, an adviser, a talent booker, an Internet researcher and web content consultant — Gerald Donohue was at different points all of these things to Sen. Mike Duffy.

The question before Ontario Court Justice Charles Vaillancourt is whether Donohue's roles constituted Senate business or fraud and a breach of the public's trust.

Eight of the 31 charges Duffy faces relate to $65,000 in Senate contracts awarded to Donohue. Duffy has pleaded not guilty.

Of that $65,000, Donohue paid out roughly $40,000 to other service providers at Duffy's direction, including speech writers and a makeup artist.

The Crown has suggested Donohue was unqualified to act as a consultant and did not deliver a substantive product for the money he was paid.

Donohue worked as a representative for the National Association of Broadcast Employees and Technicians and later became human-resources director for the local CTV station in Ottawa.

Defence lawyer Donald Bayne took the court through an official letter Donohue penned to then-prime minister Pierre Trudeau in 1977 on broadcasting issues and also the honorarium he was paid to act as a consultant for CTV.

Bayne zeroed in on the contracts Donohue signed with the Senate, which included the vague line that he might do any kind of duty for Duffy "that may arise from time to time."

"That's exactly my criticism to Sen. Duffy when I saw it; this was the old type of clause that the CBC always proposed so you could do camera and sweep the floor at the same time," said Donohue. THE CANADIAN PRESS

ABORIGINAL ISSUES

Manitoba first in native men killed

Elisha Dacey
Metro | Winnipeg

Brand new data released by Statistics Canada on Wednesday shows that aboriginal men are more likely to be murdered in Manitoba than in any other province.

Manitoba had 44 homicides last year, seven fewer than in 2014. However, 29 of those 44 victims were aboriginal, a rate of 66 per cent compared to the national average of 23 per cent.

Statistics Canada tracked aboriginal victims for the first time in its yearly study of Canada's homicides.

"It's quantifying what we already suspected," said Leslie Spillett, executive director of Ka Ni Kanichihk. "It comes out of the relationship Canada has had with indigenous people and has taken a long time to get there."

"Poverty, homelessness, losing that cultural identity, these are all things that have contributed historically to (the situation) many of these people are finding themselves in," said Winnipeg Police Service deputy chief Danny Smyth. "It makes them more vulnerable."

IN BRIEF

Construction on road to reserve nears reality

An isolated reserve under one of Canada's longest boil-water advisories is one step closer to being connected to the outside world.

The Manitoba government introduced a bill Wednesday that would give the province legal authority to help fund construction of a permanent road for Shoal Lake 40 First Nation.

The reserve — on the Ontario-Manitoba boundary — was cut off from the mainland a century ago during construction of an aqueduct that sends fresh water to Winnipeg. It has no all-weather road and has been under a boil-water advisory for 18 years. THE CANADIAN PRESS

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MENTAL HEALTH

Many plagued by PTSD

Dr. Morton Beiser, a psychiatric epidemiologist from St. Michael's Hospital in Toronto, says research indicates up to 20 to 50 per cent of refugee children suffer from PTSD, while 10 to 15 per cent of adults are affected.

"I don't think that we are sufficiently equipped yet to deal with that," Beiser said. "It is important that we develop resources quickly and effectively … We really have to get our act together."

Refugees who suffer from PTSD often relive their trauma, Beiser added. "Post-traumatic stress disorder ... is an awful disorder," he said. "It is a disorder in which people experience horrible situations that they've been in, they're back in the torture cell, they're back being raped."

Mental health challenges for refugees also go far beyond PTSD, said Dr. Kwame McKenzie.

> **We really have to get our act together.**
> Dr. Morton Beiser

The medical director for the Centre for Addiction and Mental Health says newcomers also face higher risks of developing substance abuse, depression and schizophrenia.

"The truth is, the studies have shown that the rates of mental-health problems are increased, for every (kind of) mental-health problem," he said.

McKenzie said he is pleased the federal government plans to help refugees settle immediately in host communities.

Unlike the 5,000 refugees who came to Canada from Kosovo in 1999, Syrians will not be housed on military bases unless it is deemed necessary.

"Some of the studies that have been seen worldwide say that you can decrease the risk significantly if you're careful about what you do when people come to the country," he said.

The effects of conflict, displacement, travel and family separation were all considered when the federal government crafted its plan, Health Minister Jane Philpott said Tuesday as the Liberals announced they intend to bring 10,000 refugees to Canada by year's end and another 15,000 by February.

"Mental-health concerns are amongst the concerns that we expect to see," Philpott said.

The minister also said the government determined it would be in the best interest of refugees to ensure a quick transition into communities. THE CANADIAN PRESS

Canadian Forces bases are on standby for newcomers

LOGISTICS

Medical and security screening will be overseas

Staff at Canadian Forces bases across the country are counting beds and making tentative plans to house and feed thousands of Syrian refugees expected to arrive in the coming weeks.

Capt. Evelyne Lemire, a spokeswoman at CFB Gagetown in New Brunswick, said they have not yet been told they will receive some of the 25,000 refugees the Canadian government has promised to accept by February.

But she said they have been asked to see how many they could accommodate at the sprawling base as part of what the military has dubbed Operation Provision.

"We've been asked to look at our options, our accommodations and so on, like the numbers," she said from the base near Oromocto. "We're ready to receive any Syrian refugees, if we're called on to do that."

Lemire said the base at Gagetown is looking at everything from how to provide food and medical services to allocating space for religious practice for refugees from Turkey, Lebanon and Jordan.

It's expected that bases in Quebec and Ontario will be called on initially to provide interim lodging for refugees, with bases and wings in other provinces expected to follow suit after the first wave of Syrians arrives.

The Forces could be asked to temporarily accommodate up to 13,000 refugees. The newly elected Liberal government announced its plans Tuesday to resettle the refugees, saying it will miss by two months a self-imposed deadline of Dec. 31 to bring 25,000 to Canada.

The new target is to receive 10,000 people by year's end and the remainder in the first two months of 2016.

Health and security screening will take place overseas and then refugees will be flown to Toronto and Montreal, largely on chartered aircraft.

> **We're ready to receive any Syrian refugees, if we're called on to do that.**
> Capt. Evelyne Lemire

From there, they will be spread across 36 different destination cities, which already have resettlement programs in place.

Temporary accommodation will be provided by the military, if required.

It's not clear how long they would be housed at the bases, but an official in the Defence Department says it will likely play out like it did in 1999 when Kosovar refugees were housed in bases like Gagetown, Greenwood, Aldershot and Halifax in Atlantic Canada and others in Ontario.

In Halifax, 12 Wing Shearwater may also be called on to take in refugees, but officials were still figuring out how they would accommodate both families and individuals in large barracks and other facilities.

The Forces have said they want to use empty beds and not displace military members, but may have to do some shuffling of personnel at bases in Valcartier, Que., and Edmonton. THE CANADIAN PRESS

Sgt. Matt MacIsaac removes some of his belongings from storage at CFB Kingston in Kingston, Ont. on Nov. 23 to prepare for **the upcoming arrival of Syrian refugees.** LARS HAGBERG/THE CANADIAN PRESS

POLITICS

Trudeau was right to delay settlement deadline: Experts

Michael Woods
Metro | Ottawa

Strictly speaking, the Liberal government's plan to bring in 10,000 Syrian refugees by Dec. 31 and another 15,000 by March — rather than all 25,000 by end of year — is Prime Minister Justin Trudeau's first broken promise.

But the government's decision to lightly tap the brakes on the resettlement process is being lauded by experts who implored them to take a bit more time to do it right.

"It would have been very problematic if they had stuck to the Dec. 31 deadline at all costs," said James Milner, a professor at Carleton University and former consultant with the UN High Commissioner for Refugees. "On balance, there's a real sigh of relief that the deadline has been extended."

The outcry for more time was among Immigration Minister John McCallum's messages when he announced the plan.

"I've heard Canadians across this country saying yes, you have to do it right, and if it takes a little bit longer to do it right then take the extra time," he said.

The Liberal platform said it would "expand Canada's intake of refugees from Syria by 25,000 through immediate government sponsorship."

Trudeau PROMISES TRACKER

- ✓ GENDER PARITY
- ☐ TAXATION
- ? REFUGEES
- ✓ CLIMATE
- ☐ INDIGENOUS WOMEN

ENTREPRENEURSHIP

Businesses also stepping up to help

Businesses and entrepreneurs across the country are stepping in to help settle the thousands of Syrian refugees coming to Canada over the next few weeks.

Real estate companies are contributing apartments, airlines are offering seats and individual business leaders are chipping in cash.

Calgary-based Mainstreet Equity Corp. offered at least 200 apartments across western Canada to house refugees at a discounted rate.

Wednesday's offer follows a similar one last week by fellow Calgary-based Boardwalk Rental Communities to provide 350 apartments.

Bob Dhillon, the CEO of Mainstreet, said his experience immigrating to Canada from war-torn Liberia with his family in the 1970s helped motivate him to assist the refugees.

"I can relate to what these guys are going through. They're going through turmoil, hardship, a difficult time, and if we can make their lives easier on their entry to Canada, why not?" Dhillon said in an interview. THE CANADIAN PRESS

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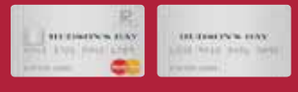

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HUDSON'S BAY

TOPMAN

Protesters march during a protest in Chicago on Tuesday for 17-year-old Laquan McDonald, who was fatally shot in October 2014. PAUL BEATY/THE ASSOCIATED PRESS

Violence feared over youth's death

CHICAGO

Outrage over footage of police killing black teen

The white officer who shot a black Chicago teen 16 times has been charged with murder and jailed. The graphic video of the slaying has been made public. And in the hours after the footage was released, protesters seemed to honour pleas for restraint.

The question now is whether those efforts will be enough to address the simmering resentment that authorities took more than a year to share the footage and charge the officer who emptied an entire magazine into the teen even after he had crumpled to the ground.

City officials and community leaders had long braced for the release of the dash-cam video showing the death of 17-year-old Laquan McDonald. They feared the kind of turmoil that occurred in cities such as Baltimore and Ferguson, Missouri, after young black men were slain by police or died in police custody.

A judge ordered that the recording be made public by Wednesday. Moments before it was released, the mayor and the police chief urged protesters to stay calm.

Mayor Rahm Emanuel said residents will "have to make an important judgment about our city and ourselves and go forward." He referred to the episode as a potential "moment of understanding and learning."

Protest groups are expected to stage more demonstrations in the days ahead, including one at City Hall scheduled for Wednesday and another seeking to block the main city's shopping thoroughfare, Michigan Avenue, during Friday's holiday spending bonanza.

Before the release of the video, city officials spent months arguing that the footage could not be made public until the conclusion of several investigations. After the judge's order, the investigations were quickly wrapped up and a charge announced.

> **To watch a 17-year-old young man die in such a violent manner is deeply disturbing.**
> Cook County State's Attorney Anita Alvarez

THE ASSOCIATED PRESS

AFGHANISTAN

Hospital bombing broke rules of engagement: Officials

American soldiers and airmen who killed and wounded dozens of civilians in a strike on an Afghanistan hospital violated U.S. rules of engagement and have been suspended as they await disciplinary action that could include criminal charges, military officials said Wednesday.

Briefing reporters on the results of two investigations, Gen. John Campbell, the U.S. commander in Afghanistan, described an egregious series of human and technical failures that led a U.S. warplane to destroy a medical charity's hospital in northern Afghanistan last month. Campbell and other officials would not say how many people had been removed from their jobs or whether anyone higher in the chain of command would be subject to discipline.

"This was a tragic but avoidable accident caused primarily by human error," Campbell said. He left open the possibility that disciplinary action, which has yet to be determined, could include courts-martial.

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IRAQ

Kurdish forces find ISIL tunnels

Under the Iraqi town of Sinjar, militants from the Islamic State of Iraq and the Levant (ISIL) built a network of tunnels, complete with sleeping quarters, wired with electricity and fortified with sandbags.

There, they had boxes of U.S.-made ammunition, medicines and copies of the Qur'an stashed on shelves.

The Associated Press obtained extensive video footage of the tunnels, which were uncovered by Kurdish forces that took the city in northwestern Iraq earlier this month after more than a year of ISIL rule.

"We found between 30 and 40 tunnels inside Sinjar," said Shamo Eado, a commander from Sinjar from the Iraqi Kurdish fighters known as peshmerga. "It was like a network inside the city."

"Daesh dug these trenches in order to hide from airstrikes and have free movement underground, as well as to store weapons and explosives," Eado said using an Arabic acronym for ISIL.

The video, shot by a freelancer touring the town with Kurdish fighters, showed two tunnels running several hundred metres, each starting and ending from houses, through holes knocked in walls or floors.

The narrow tunnels, carved in the rock apparently with jackhammers or other handheld equipment, are just tall enough for a man to stand in.

ISIL has been digging tunnels throughout the territory it controls in Iraq and Syria, even before the U.S.-led coalition launched its campaign of airstrikes against the group more than a year ago.

"This has been part of ISIL's strategy from the very beginning," said Lina Khatib, a senior research associate at the Arab Reform initiative, a Paris-based think-tank.

THE ASSOCIATED PRESS

TUNISIA

Militants say they were behind attack

The body of a suspected suicide bomber was found at the scene of an attack on Tunisia's presidential guard in Tunis as the Islamic State of Iraq and the Levant (ISIL) claimed responsibility Wednesday for the attack that left 13 people dead.

Tuesday's attack on a bus carrying Tunisia's presidential guards involved about 10 kilograms of military explosives, the Interior Ministry said.

The blast rattled the country after a violent year. If ISIL was indeed behind it, it is the latest of several major attacks in Europe and the Mideast seeding terror well beyond its base in Syria and Iraq.

Tunisian authorities discovered the body of a 13th person in the bus, believed to be the "terrorist who caused the explosion," the Interior Ministry said in a statement Wednesday.

Ministry spokesman Walid Louguini said this body couldn't be identified by fingerprints because no fingers were found. The ministry said a DNA analysis of the body is underway.

The government declared the blast a terrorist attack and imposed a 30-day nationwide state of emergency, with troops fanned out across the capital.

ISIL issued a statement Wednesday, saying a militant it identified as Abu Abdullah al-Tunisi carried out the attack after infiltrating the bus and killing around 20 "apostates."

THE ASSOCIATED PRESS

ON JUNE 26

Current suicide bombing follows earlier violence

Earlier this year, Tunisia suffered two major attacks by Islamic extremists that targeted tourist sites.

THE ASSOCIATED PRESS

Police officers on Wednesday secure the site of a suicide bombing Tuesday in Tunis. THE ASSOCIATED PRESS

S-400 air-defence missile systems make their way through Red Square during a rehearsal for the Victory Day military parade in Moscow in May 2013. The missiles are capable of striking targets within a 400-kilometre range. THE ASSOCIATED PRESS FILE

Putin orders move of missiles to Syria

RUSSIA

Response to Turkey's downing of Russian jet

In a move raising the potential threat of a Russia-NATO conflict, Russia said Wednesday it will deploy long-range air-defence missiles to its base in Syria and destroy targets that may threaten its warplanes following the downing of a Russian military jet by Turkey.

The incident was the first time in 50 years that a NATO member shot down a Russian plane. If Russia responds by downing a Turkish plane, Turkey could proclaim itself under attack and ask the alliance for military assistance.

Most observers believe a direct military confrontation is unlikely, but the shooting down of the plane will further fuel the Syrian conflict and complicate international peace efforts.

The situation is also alarming because the Russian and Turkish presidents both pose as strong leaders and would be reluctant to back down and seek a compromise.

The S-400 missiles, which Russian President Vladimir Putin ordered sent to the Hemeimeem air base in Syria's province of Latakia, just 50 kilometres away from the border with Turkey, are capable of striking targets within a 400-kilometre range with deadly precision. The military also moved the navy missile cruiser Moskva closer to the shore to help protect Russian warplanes with its long-range Fort air defence system. THE ASSOCIATED PRESS

RESCUE

Rebels kill pilot after pair parachute from aircraft

Two Russian pilots parachuted from their aircraft Tuesday near the border with Turkey after a Turkish F-16 fighter jet hit their plane with a TOW missile.

Syrian rebels on the ground fatally shot the pilot. The co-pilot landed in ravines, where a Syrian commando unit rescued him. THE ASSOCIATED PRESS

BELGIUM

Armed police meet returning students

When Annelaure Leger dropped off her two children at school on Wednesday, it was like nearly every other day — except for the machine-gun-toting police officer.

After a two-day school shutdown sparked by a threat alert across the Belgian capital, Brussels resident Leger was relieved classes were back in session.

Though Brussels continues to be under the highest-level threat alert, meaning authorities fear a serious and imminent attack, schools and subways began reopening across the city on Wednesday. That is restoring a sense of normality in the city, parts of which have been deserted since the alert was first raised to the top level in the capital on Saturday.

"I've told my children they have to be careful, but life must go on and they have to go back to school now.

Dimitri De Cra Yencour, a father of four

The terrorism threat level is expected to be in place until at least Monday unless there are significant developments, like the capturing of suspects linked to the Paris terrorist attacks on Nov. 13, who are believed to be in Belgium.

At Brussels' College Saint-Jean-Berchmans, many parents had a word with school officials or the police officers guarding the entrance. Some experts warned that without a further explanation of the situation, officials risked undermining the public's trust.

"It seems paradoxical to say that (Brussels) is still at the highest threat level but it's OK to open schools and subways," said Neil Greenberg, a professor of mental health at King's College London. "It's not very helpful to reassure people that everything is safe without sharing more information about what has actually been done."

THE ASSOCIATED PRESS

Gazprom's Moscow headquarters. Russia's state-run gas company said it had stopped shipments to Ukraine on Wednesday; Kyiv said it halted the purchases. THE ASSOCIATED PRESS FILE

Countries clash over natural gas

RUSSIA-UKRAINE

Kyiv also bars country's planes from its airspace

Tensions between Russia and Ukraine escalated Wednesday as Ukraine decided to stop buying Russian natural gas — hoping to rely on supplies from other countries — and closed its airspace to its eastern neighbour.

Russia's annexation of Crimea from Ukraine in March 2014 and its support for separatist rebels in the east has brought relations between the two countries to a post-Soviet low. Ukraine has since been trying to cut its dependence on Russian gas.

Russia's state-controlled gas company, Gazprom, said Wednesday that it stopped sending gas to Ukraine on Wednesday morning and will supply no more because Ukraine has not paid in advance for more deliveries.

Ukraine said it was its own decision to stop buying gas from Russia after it was offered better prices by other European countries. Those other countries import gas from Russia but can pipe it back to Ukraine.

Gazprom CEO Alexei Miller on Wednesday warned Ukraine and Europe of possible gas disruptions following the cut-off. Russia uses Ukraine's pipelines to transport part of its gas deliveries to other European countries.

Ukraine's "refusal to buy Russian gas threatens a safe gas transit to Europe through Ukraine and gas supplies to Ukraine consumers in the coming winter," Miller said.

The Gazprom chief said Ukraine had been buying up gas to store for the coming winter in the past two months but claimed it was not enough to get it through the winter.

On the other hand the European Commission, the EU's executive arm, which has been mediating the gas row between the sides, noted that Ukraine's gas reserves are well stocked and that recent mild weather means that consumption has been below average.

"We are not particularly concerned about the gas flows from Russia to Ukraine at the moment," said commission spokeswoman Anna-Kaisa Itkonen.

Past gas disputes between Russia and Ukraine have led to cutoffs. A standoff in 2009 caused serious disruptions in shipments to EU countries in the dead of winter.

Ukrainian Prime Minister Arseny Yatsenyuk also announced that his government has decided to close the country's airspace to all Russian planes as "an issue of the national security as well as a response to Russia's aggressive actions.'

Ukraine last month banned all Russian airlines from flying into Ukraine but Russian planes have been allowed to fly over its territory.

THE ASSOCIATED PRESS

MORE DETAILS

Short-lived deal

The stoppage comes less than two months after an EU-brokered deal ensured supplies through March 2016. Russia lowered the price it charged Ukraine to what it charges neighbouring countries, from $251 US per 1,000 cubic meters to about $230 US.

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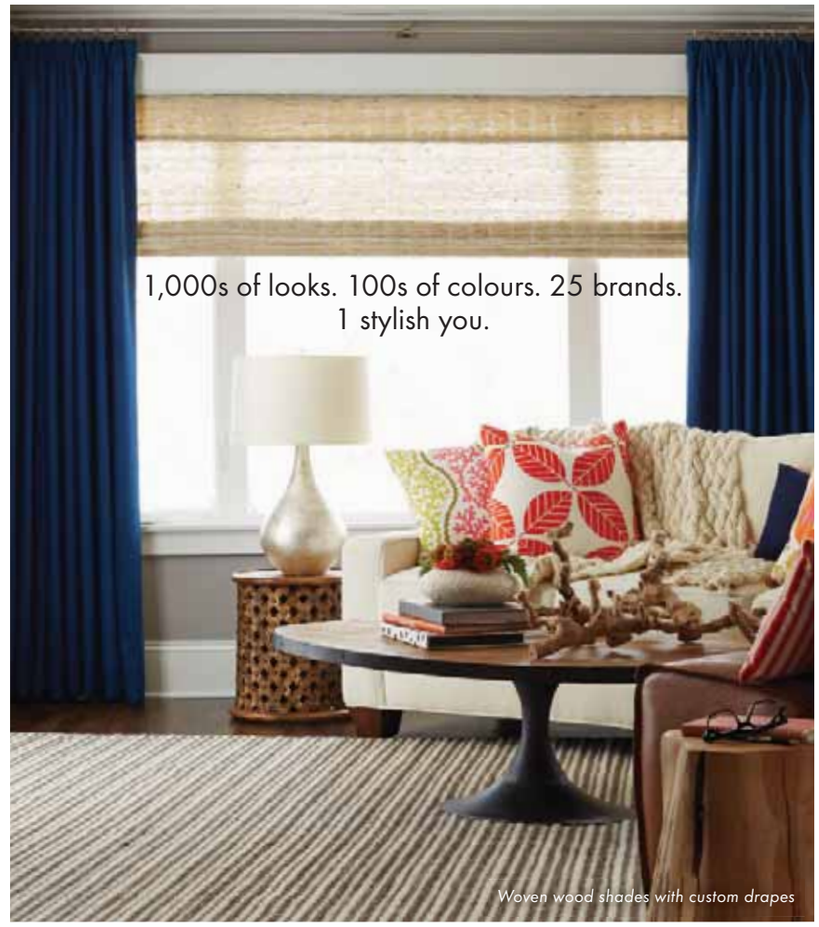

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RETAIL

Boom predicted on big shopping day

Despite recent challenges faced by Canada's retail sector, analysts have a rosy outlook for the looming holiday shopping season — particularly on Black Friday and Cyber Monday.

Rob Cameron, chief product and marketing officer of processing payments firm Moneris, said there has been an increase in sales on both days for the last four years.

Despite the high-profile departure of U.S. discount chain Target from Canada, along with the closures of Mexx, Boutique Jacob and Smart Set, consumers continue to spend. Cameron said retail sales are up around six per cent this year.

"I think this Black Friday ... we would anticipate it being a larger increase than last year, so we tell retailers to be ready for more sales," said Cameron.

He added that e-commerce retailers are also expecting strong sales and experts predict a surge in online transactions.

"We expect Cyber Monday to again be a double-digit increase year over year."

An online survey conducted this fall by IPG Mediabrands revealed that 68 per cent of respondents said they would shop at stores in Canada on Black Friday.

"Beforehand, Boxing Day was a big sales day. But now, Black Friday and Cyber Monday are becoming just as important."

Loraine Cordery, insights manager at IPG Mediabrands

THE CANADIAN PRESS

Demand for medical office buildings in Canada has been on the rise in recent years. ISTOCK

Investors turn to medical real estate

FINANCE

Interest grows with aging population

As aging baby boomers fuel growing demand for health-care services, investors are increasingly turning their attention to medical office buildings — a niche within the real estate market that some argue is recession proof.

"Doctors are paid by the government in Canada, so they're pretty secure tenants," says Huy Lam, a broker at Colliers International who specializes in the health-care real estate space.

Lam says demand for medical office buildings in Canada has been on the rise in recent years, a trend he expects to continue as the number of seniors in the country balloons.

Ownership in the space is fragmented — everyone from institutional investors such as pension funds to real estate investment trusts to wealthy individuals — making it difficult to quantify how much money is flooding in.

But Colliers forecasts more than $211 million in medical office building sales in Ontario alone this year. That compares with $126 million back in 2011, according to data compiled by the commercial real estate brokerage.

The Canada Pension Plan Investment Board announced in August that it was taking its first steps into the health-care property space, teaming with a U.S. real estate investment trust to invest in a portfolio of medical office buildings in California worth a total of $449 million US.

"Demographics in certain countries make (health care) very attractive as a long-term investment," said Peter Ballon, head of CPPIB's real estate investment in the Americas.

THE CANADIAN PRESS

AGRICULTURE

Climate change hits coffee farmers

In the foothills of Uganda's Rwenzori Mountains near the border with Congo, coffee is the lifeblood of many families, and farmers need great coffee yields to run their households.

But their success is threatened by climate change, which has warmed the region over the years, encouraging pests and diseases and bringing erratic but intense rains that erode fertile earth. Consequently, harvests have become unpredictable.

Many of the plants in one farmer's estate are infected with leaf rust, a fungal disease that coffee production experts here say has become more prevalent because of rising temperatures. When the rust infects a coffee estate, the leaves of some plants develop yellow spots and fall prematurely. The result is a delayed harvest with coffee beans so small they can't fetch a good price in the market.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Thursday, November 26, 2015

CHANTAL HÉBERT: ON THE CHARBONNEAU COMMISSION

As Justin Trudeau's government ponders how best to fulfil its commitment to a national inquiry into missing and murdered aboriginal women, the Quebec experience offers a few pointers.

The release on Tuesday of the long-awaited report of the Quebec public inquiry into corruption in the construction industry served as a timely reminder that it's a rare commission that lives up to the expectations that preside over its creation.

It did not formally blame a single elected or non-elected individual for the corruption and collusion that has run rampant in the province's governance system. The commission sketched out patterns of systemic collusion in some details but failed or declined to connect the dots.

Justice France Charbonneau and her co-commissioner, former Quebec auditor general Renaud Lachance, could not even agree that an indirect link between illicit industry donations to the province's political parties and the awarding of public works contracts had been established.

As Justin Trudeau's government ponders how to fulfil its commitment to a national inquiry into missing and murdered aboriginal women, the Quebec experience offers a few pointers.

That starts with a workable mandate. The Charbonneau commission has been compared to the decade-old inquiry into the federal sponsorship program. But justice John Gomery's work was focused on a single federal program. Charbonneau's mandate was more open-ended. The construction industry interacts with Quebec politics at all levels of government.

The line between an overabundant choice of avenues and a lack of direction is a thin one. From the outside, the Charbonneau commission frequently looked like a rudderless boat on an ocean-fishing expedition.

Just prior to its year-end break in 2012, the inquiry released an extensive blue-ribbon list of guests at a Montreal private club. The rationale for bringing up the list remains a mystery. There are other examples of testimony of little apparent relevance to the final report.

Gomery's sponsorship inquiry heard from two (past and present) Liberal prime ministers. The Charbonneau commission — even as it deemed to explore political financing — called neither former Quebec premier Jean Charest nor any other provincial leader to testify at its public hearings.

Then there are the perils of an elastic timeline.

The Charbonneau inquiry was set up in 2011. It was subsequently extended twice for a total of 25 months. Its four years of existence stretched over three Quebec governments and as many premiers.

With every extension, the impetus that had led to its launch seeped away. The reputations of some public personalities were left twisting in the wind for months.

Last year, former construction magnate Tony Accurso threw a bombshell at the inquiry hearings when he testified he had funnelled $250,000 to former Montreal police chief Jacques Duchesneau to pay off the debts accumulated over the latter's failed 1998 mayoral campaign.

Accurso claimed he had a paper trail to document the payoff. But on Tuesday, the commission reported the promised proof never materialized. That was after Duchesneau spent a year under the cloud of Accurso's allegations.

The Charbonneau commission cost Quebec taxpayers $45 million. Its final report ran more than 1,700 pages. On Tuesday, Philippe Couillard's government threw it out to the public with no advance lock-up to give media the opportunity to take stock of its voluminous content and its 60 recommendations.

The predictable result was that much of the initial coverage focused on the bright shiny object of the irreconcilable difference of opinion between the two commissioners as to the relationship between party financing and provincial public spending. Quebec's ruling political class had a better day Tuesday than the commission that reported on the many failings on its watch.

Ultimately, the Charbonneau commission best accomplished its mission on the front of public awareness. Its hearings vividly illustrated the toll corruption and collusion have taken on public services. And they did demonstrate that the problem was systemic. Time will tell whether those findings translate into a lasting change in ethical culture.

The upcoming federal inquiry into missing and murdered aboriginal women will also serve a public-education purpose and undoubtedly raise the profile of an issue that cries for more attention. But based on Quebec's just-completed inquiry, care should be taken to ensure the exercise results in more than allowing a government to tick a sensitive item off its bucket list.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: Cat Cafés

Wannabe pet owners starved for time or space have a fresh option: mix coffee time with cuddles at a cat café. These coffee shops allow you to bond with resident cats, often shelter animals available to a good home. The feline-friendly restos are popular throughout Asia, particularly in Japan, but are popping up across Canada. Montreal was first to pounce on the fad. Now Ontario has cat cafés in Guelph and Toronto and there's another planned for Vancouver. If you want mo' cat with your mocha, go to Montreal. Quebec's laws on these café/petting zoo hybrids are the most lax, so felines can mix and mingle in the eatery. Not so in Ontario, where laws dictate the pets must be kept in a separate room. Still, it's the perfect solution for those with cat commitment issues — speed-dating, but with more fur. METRO

metroview

Make it easier to make things right for wrongfully convicted

Diane Baker Mason
For Metro

Earlier this month, a funeral was held for Romeo Phillion. Romeo was 76. He spent 31 of those 76 years in prison for a murder he didn't commit. He was convicted despite both the police and the Crown having in their hands a police report confirming his alibi — a report they did not provide to his lawyer.

Romeo was one of Canada's wrongly convicted: a victim of a "miscarriage of justice." People who are wrongly convicted have little hope of righting that wrong. They go to prison. Sometimes, as in Phillion's case, for decades. Sometimes for the rest of their lives.

That innocent people go to jail is something the un-jailed populace would prefer to believe doesn't happen. We would all like to believe that tales of wrongful convictions — populated as they are by dishonest cops, unreliable evidence and mistaken witnesses — are the stuff of Hollywood melodrama. Who hasn't cringed at the innocent prisoner in The Shawshank Redemption, crawling through the sewer to get his freedom back?

Canadian victims of wrongful convictions have to do another type of crawling — uphill, towards a review of their case by the minister of justice. These rare applications are usually undertaken with the assistance of a volunteer group, such as the Innocence Project or the Association in Defence of the Wrongly Convicted (AIDWYC). It's grindingly slow and often made slower by authorities in no hurry to produce information and documents. Faced with the possibility that an innocent person is in jail, many circle their wagons, providing only minimal cooperation. This is particularly disturbing when it turns out the application has merit.

How to encourage the authorities to be more accommodating? Since their reluctance might be caused in part by fear of exposure to a lawsuit by the exonerated victim, the creation of a compensation fund in the nature of the already-existing Criminal Injuries Compensation Fund might reduce that concern. In addition, an overseeing authority, such as an ombudsman, could be authorized to supervise the application process, ensuring that information and documentation is produced on a timeline, and assist the applicant's advocates if they are stonewalled.

In Romeo's case, it was 11 years between the Innocence Project and AIDWYC accepting his case and the Ontario Court of Appeal overturning his conviction. It would have been much less had his advocates not had to wrestle with the authorities to obtain documents and information. And that, as the saying goes, is a crime.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

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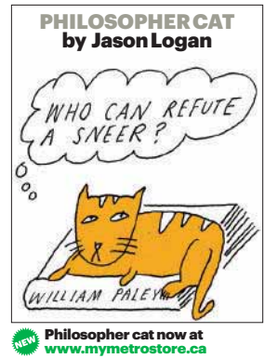

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metro LIFE
Your essential daily news

Pope Francis to publish his first book in January

Hibernate with these books

WINTER

Here are nine reads we wouldn't mind on a snow day

With winter's chill settling over most of the country, its time to grab a blanket, brew some tea or heat some cocoa, and curl up with a good book. Thousands of great reads were released this year, so choosing one may be difficult. To help you out, we pared down the list of top critics' picks to what we think are the top non-fiction and fiction books of 2015.

It's time for wool socks, a cup of tea and a good book. ISTOCK

Non-Fiction

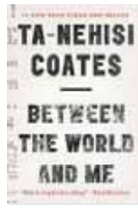
H is for Hawk by Helen MacDonald

Published in North America this year (it debuted in the U.K. in 2014), Helen MacDonald's unusual memoir captured the hearts and imaginations of reviewers all over the continent. A Torstar reviewer called it: "An astonishing memoir of grief and love, of loss and connection, H Is For Hawk is nature writing for the new century, resonant and accessible, wise and fragile. Like the goshawk upon which it centers, it is a thing of beauty, of blood, of violence, of joy;" "a memoir about dealing with grief (the death of her father) … it is seldom that such a thoughtful accomplished book touches a nerve with ordinary readers; "this award-winning book is soaringly original and gorgeously written."

The Dorito Effect by Mark Schatzker

This is not your average food book. Mark Schatzker uses science to shed light on the connection between nutrition and flavour — showing how our tastebuds no longer lead us to the most nutritious food, but to foods that are leading us into obesity and diabetes. Here's what our reviewers had to say: "fabulous research into why food has no taste and why we need to demand more;" "The best part? The solution he lays out involves a lot of good eating: top-quality, fresh, local, seasonal produce that restores our taste buds' primary function. A game changer!

Between The World and Me, Ta-Nehisi Coates

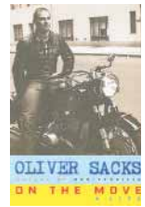


In a year when violence and racism against black people by the police made headlines in America and Canada both, The Atlantic writer Ta-Nehisi Coates struck a chord with this slim (it's only 152 pages) but powerful volume which uses the frame of a father's letter to his son. "Coates is being called the spokesman for black America. Toni Morrison has expressed relief that finally a black writer has come along to fill the space left by James Baldwin." "Coates … recognizes his son's world is both incredibly different from his own yet also eerily similar — definitely an important book of the year, especially in considering the impact of #BlackLivesMatter;"

M Train, Patti Smith

The memoir can be a tricky thing to write and rock legend Patti Smith has had a couple of goes at it: But this latest has struck a chord among music fans and prose "Ah, to age like Patti Smith. While M Train lacks the emotional immediacy of Just Kids, her earlier memoir, it is a deliberate choice, leading to a deeper, more thoughtful volume, an accounting of love and loss, of wonder and fear, of cups of coffee and episodes of beloved television series. Perhaps the most lively meditation on the act — and art — of living one is likely to find this year;" "very poetic and original, almost like a prose version of one of her songs."

On The Move, Oliver Sacks



Neurologist Oliver Sacks was a storyteller — his expertise was science, but he made it accessible, educating us through telling stories of his patients in Awakenings and The Man Who Mistook His Wife For a Hat. Before his death in August, he was still enlightening us with stories and his memoir On The Move, touched readers everywhere, including our reviewers: "Sacks' thoughtful and conscientious approach to his own death served as a reminder of the writer and neurologist's deep engagement with the very nature of life. His memoir … brims with life even in the shadow of death;" "It isn't an exaggeration to say that Sacks was "beloved" for the freshness of his intellect, his enthusiasm, his fascination with the workings of human beings. And the publication of this autobiography in the final months of his life was a brilliant cap to an admirable life."

Fiction

Martin John, Anakana Schofield

Anakana Schofield has hit the publishing world like a storm. This book was nominated for the Scotiabank Giller Prize despite being about an uncomfortable subject: inside the mind of a sexual deviant. Still, our reviewers picked this as one of the top five of the year with comments such as: "Formally audacious and incisive writing that's also got plenty of heart and quirk;" "admiring the stylistic and thematic risks Schofield has taken with it;" "a novel that mirrors its protagonist's obsessive and deviant behavior in its elastic prose;" "a case study in mother-son drama where mental illness and an overbearing parent collide ... A dark, comic and moving portrait of the guilt, pain and suffering of the mentally ill."

The Girl on the Train, Paula Hawkins

It's not often a first-time novelist dominates the top of the best-seller lists for a year. But that's exactly what Hawkins has accomplished with The Girl on The Train. Our reviewers agree: "In this fresh, female-focused psychological chiller, a young woman is drawn into a mystery involving people she observes during her daily London commute. Paula Hawkins' bestselling debut novel is an addictive page-turner with intoxicating characters, unflagging suspense and sharp insights into women's lives and relationships;" "this year's escapist reading sensation. Gone Girl for 2015. As it should be. It is a page-turning suspender with a satisfying resolution. And we all love an unreliable narrator."

Story of the Lost Child, Elena Ferrante

Writing about real life has informed some of the biggest books in the past few years. If Karl Ove Knausgaard has written a semi-autobiographical memoir from the male perspective, Elena Ferrante's (this is a pen name — nobody knows who the real author is) four-volume saga has redefined what it means to write about female friendship. As one reviewer notes: "The final volume of Ferrante's Neapolitan novels is a stunning achievement, a seemingly effortless accounting of the lives of two women that maintains an often shocking intimacy and emotional candour while also serving as a sweeping document of social, political, religious and cultural upheaval."

Sleep, Nino Ricci

A protagonist nobody likes is the dark star of this latest novel by the Canadian author of Lives of the Saints, and many of our reviewers thought it was a real dark horse this year. "Sleep was unaccountably overlooked this literary prize season, despite being Ricci's best work yet. Perhaps the unlikeable protagonist — the sleep-deprived, pill-popping, skirt-chasing, gun-toting David Pace — alienated jurors. As a nightmarish chronicle of mid-life male failure, however, the novel packs quite a punch;" "Ricci's work has gotten better as it's gotten darker. This one is pretty close to pitch black;" "If endemic narcissism is one of the central pathologies of contemporary culture, then Ricci has crafted with Sleep one of its holy texts." TORSTAR NEWS SERVICE

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 47

Prep is key for shopping success

WHAT TO DO

Take steps before the door-crashing begins Friday

Jaclyn Tersigni

Images of packed shopping malls may say otherwise, but Black Friday is not for everyone. Mayhem, real or imagined, is enough to keep prospective deal-hunters away. Whether you're a Black Friday aficionado or novice, proper preparation can make all the difference between a shopping success and a shopping meltdown.

Do your research

Black Friday isn't a day for window shopping. Know what you want ahead of time, and from where you want to buy it. Peruse flyers from a variety of retailers to comparison shop. Look online too; you might be able to do a portion of your shopping before even leaving the house. And don't skip over the fine print in retailer advertisements; some products, especially door-crasher deals, may be subject to time constraints and quantity restrictions.

Dress wisely

As you move from chilly November temperatures to sweaty, people-packed stores, layers will be your ally. But don't layer with heavy sweaters or jackets; they'll be annoying to lug around when your hands are filled with loot. Wear light layers that can be rolled up easily and stowed away in a bag. Don't forget your feet. You're going to be standing — a lot — in long lines, so choose your most comfortable and supportive footwear.

CREATE A SCHEDULE AND STICK TO IT

Pack provisions

Sure, you could make a food court pit stop but lines will be long there too. Bring a supply of water and snacks to keep you going, and plan to break for a brown-bag lunch. Other items to consider: bandages (for blisters), deodorant, a phone charger, reusable shopping bags and painkillers (for headaches, lineup blues, etcetera).

Black Friday shopping begins before you arrive at the store. SHUTTERSTOCK

Make a plan

To maintain sanity, have a plan of attack before you leave home. Create a schedule for the stores you plan on visiting, combined with a list of the items you're shopping for at each. If you're after a door-crasher item, make that store your first stop. Leave yourself a bit of time and money for the one (or five) impulse purchases you're bound to make.

Travel smart

City dwellers will be able to get away with taking public transit to their first stop, and hailing a taxi for the bag-laden ride home. Drivers should be prepared for parking challenges.

If mobility isn't any issue, start your parking spot search at the back of the lots; less desirable spots will be the last to go, and you may have better luck snagging one. At certain malls, valet parking is available.

For a flat fee, an attendant will find you a spot and return your vehicle to you when you're ready to go.

Download help

You can further smooth out your Black Friday experience with a handful of apps designed to keep you get organized, caffeinated, parked and armed with coupons. Check these out:

Starbucks

This popular app now offers users the option to order and pay ahead, directly from their phone — this means one less line to wait in. Pick the closest location to you, create your order and swing by a few minutes later to pick up your items from a barista. Available for iPhone.

Green P

This app will help you locate Green P parking lots around Toronto, pay for spots through your phone, and track your time remaining and extend your parking (remotely — no running back to the car). Available on iOS and Android.

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Mumblecore this is not

NEW RELEASES

The Clasp is an old-fashioned coming-of-age caper

Sue Carter
For Metro Canada

Mumblecore has become a go-to term to describe a certain type of low-budget indie film noted for being all real talk and no action.

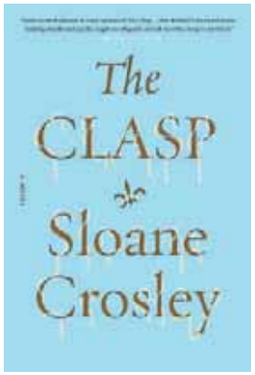
Made popular by directors like the Duplass Brothers, the films follow the mundane lives of characters in their 20s or 30s, typically caught in some kind of juvenile freeze-frame, dissatisfied with their lives, careers and relationships. Often there's an unrequited romance to be resolved at the end of the two hours.

If Sloane Crosley's debut novel, The Clasp, was adapted for film (which, Hollywood, take note, it should), it most likely would not be considered mumblecore.

Though her characters navigate the same soul-crushing realities of early adulthood, Crosley has wrapped their stories around an old-fashioned caper that shakes them out of their navel-gazing reality and into a French countryside chateau. In the sharp ways that she deals with social issues like wealth and class, Crosley is a closer cousin to Oscar Wilde than Lena Dunham.

The Clasp follows three 30-somethings reunited at a posh university friend's wedding. There's sad Victor, who was just fired from a second-rate search engine tech company; literary playboy Nathaniel, trying to make a living in Hollywood selling screenplays about fake superheroes; and beloved Kezia, who works for a tyrannical jewellery designer. After Victor is woken up by the mother of the groom after passing out in her bed, she reveals to him a story about a valuable necklace stolen during the Nazi raids that may have been linked to Guy de Maupassant's classic heartbreak of a story, The Necklace.

When the mother dies suddenly, and her jewellery goes missing, the trio ends up in France, chasing each other, the necklace and some desire to change their lives.



Crosley, who gave up her long-time publishing job to write full-time, says her first love was fiction. She completed her first novel in college but the manuscript never made it very far. It was with her two collections of personal essays, I Was Told There'd Be Cake and How Did You Get This Number where she made her mark as a humorist in the vein of David Rakoff or David Sedaris. Both collections became New York Times bestsellers, with I Was Told There'd Be Cake optioned for an HBO series.

Crosley's 140-character zingers have also made her a favourite online, as have her book trailers, the latest of which stars Amanda Seyfried and her dog. (She had a cameo on Gossip Girl, to give a sense of her place within the New York literary scene.)

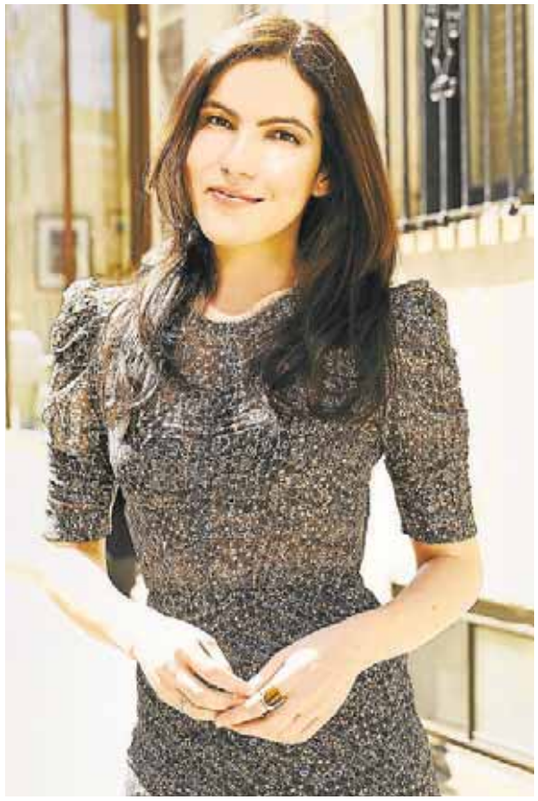
The Clasp took five years to complete, a much longer stretch, Crosley says, than her non-fiction work.

She moved around frequently, retreating to friends' homes to write. She used her experience in Los Angeles working on various pilots as research for Nathaniel's character, and relied on a friend's expertise to capture the details of working nine to five for a tech company.

While researching the mechanics of jewellery production, Crosley started her own fake line to make sure she got it right. She even rented out her apartment on Airbnb so she could afford some time at a château in Normandy.

While this detail gives The Clasp believability within a rather absurd plot, it's Crosley's dry but empathetic wit and observational power that makes this book a real gem.

Sue Carter is the editor at Quill & Quire magazine.



Sloane Crosley has just published her first novel , which revolves around the lives of a group of 30-somethings reunited at a friend's wedding. CAITLIN MITCHELL

TGIBF.
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Fairy tale hits the right notes

NEW RELEASES

Glee star talks growing up, grandma

The angelic-voiced Chris Colfer may have broken through to TV stardom as Kurt Hummel on Glee when he sang Defying Gravity, but these days he's smashing sales records in the publishing industry as well.

His series of four volumes of revisionist fairy tales, under the umbrella title The Land of Stories, has been No. 1 on the New York Times bestseller list, while the first picture book inspired by the series, The Curvy Tree, debuted last month to strong sales. Fans of Colfer's fabulous fables are waiting for the boxed set, Adventures From the Land of Stories, to hit the streets on Nov. 24.

It's quite a lot for the 25-year-old from Clovis, Calif., to have on his plate, but on the phone from New York he seems just about the nicest young guy you'd ever want to chat with, lacking all of his alter-ego Kurt's sometimes abrasive fashionista baggage.

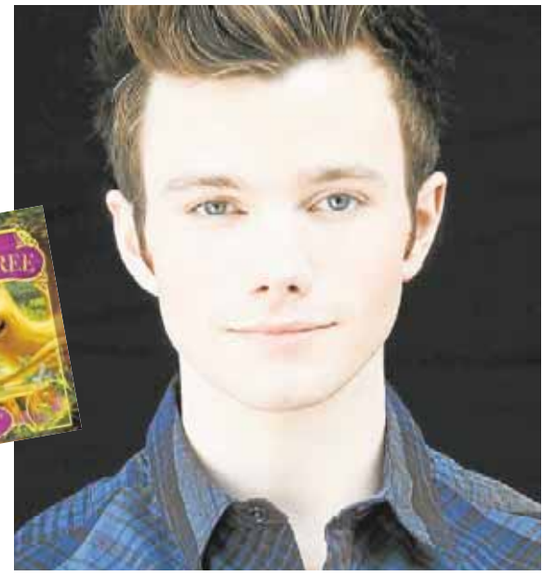
"Thank you for recognizing that Kurt and I are two different people," he says. "Don't get me wrong, I loved playing him, but we're not the same in so many ways. When I walked into my audition for Glee, I was a small-town kid wearing scruffy jeans and a shirt from Target."

In fact, when Colfer auditioned for the show, he was originally brought in to try out for the role of Artie.

But the show's creator, Ryan Murphy, sensed something in Colfer and created Kurt for him.

"That was fantastic, sure, but I had to do a lot of homework really quick. I used to keep watching The Devil Wears Prada on repeat to soak up all the gestures and mannerisms. I don't think anybody ever guessed that I was channelling Meryl Streep's judgmental looks as Kurt."

Colfer made a big impression from the start when Glee hit the air in 2009, but it was the ninth episode that season, Wheels, that really did the trick. Colfer and Lea Michele's character Rachel battled over who would sing Defying Gravity from the musical Wicked.



Chris Colfer was first inspired to write fairy tales as a kid when his sister was suffering from seizures. AFP

"That came from my own life," says Colfer. "I always wanted to sing it in high school, but the teachers wouldn't let me because they said it was a girl's song. My grandmother finally let me sing it in the church where she was a reverend.

"That song meant the world to me. Wicked was about someone who nobody paid attention to and who had a sister with special needs."

Colfer's voice gets husky as he explains the next part of his story.

"When I was a kid, my sister, who was five years younger, was diagnosed with epilepsy. Sometimes she would have 50 seizures in an hour. It was a very, very difficult period for the whole family. That's when I started creating fairy tales in my head and writing them down. I just couldn't write enough and my grandmother persuaded me to wait.

"She said, 'Christopher, I think you should wait until you've done with elementary school before worrying about being a failed writer.'"

But when Colfer got to middle school he had other problems to deal with.

"That's when the bullying started. My voice may have matured over the years, but it's never changed. So there I was, a sensitive kid with an effeminate voice."

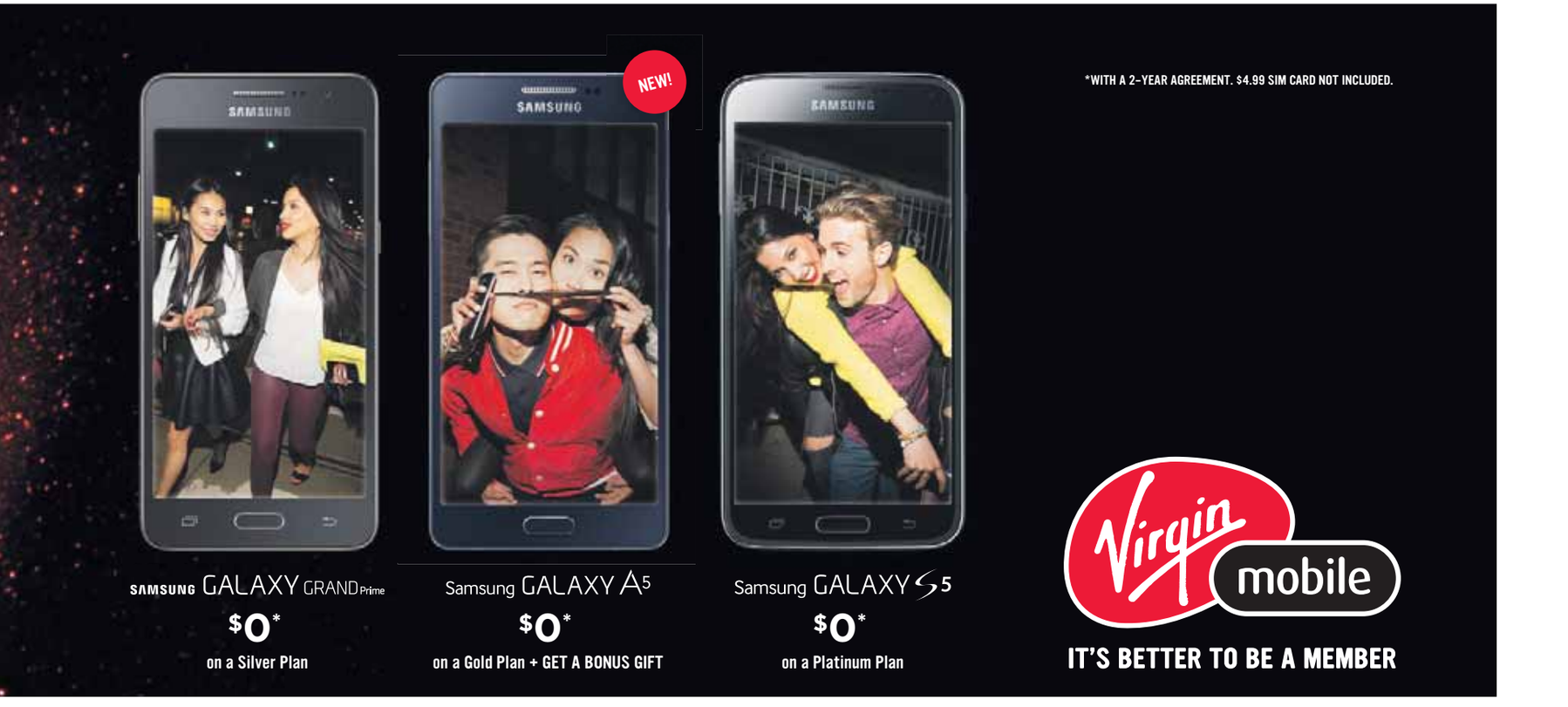
He thinks of a line he wrote in The Curvy Tree. "Being different may have been difficult, but it's what saved me." TORSTAR NEWS SERVICE

BOOK BRIEFS

Wild author releases new book

Author Cheryl Strayed has become somewhat of an advice guru. People were following her advice before even knowing it was Strayed who was giving it through her Dear Sugar column for The Rumpus.

Then came Wild, Strayed's memoir and story of walking the Pacific Crest Trail shortly after her mother's death and after the demise of her marriage. Now, Strayed is back with Brave Enough, a compilation of various Strayed-isms and life mottos. They are the type of phrases you write down and keep in your wallet, or at least tweet to your followers, giving them something to think about. EMILY LAURENCE/METRO IN NEW YORK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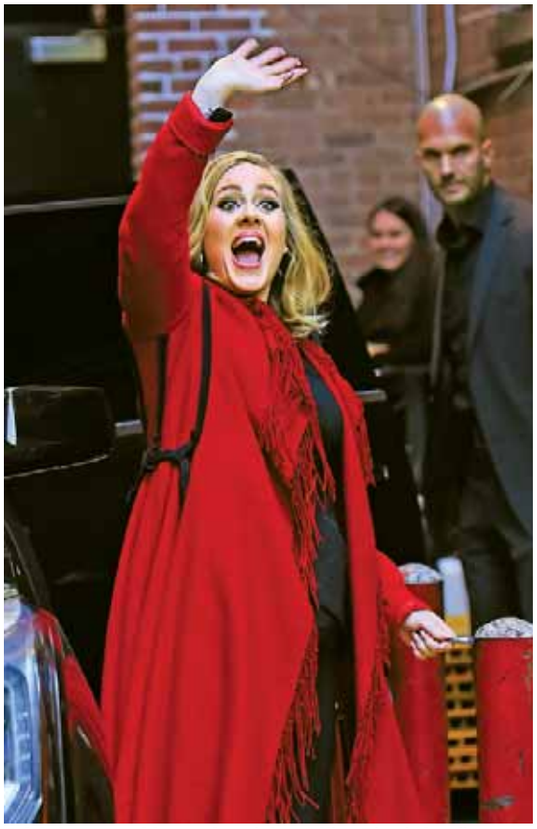
How Adele beat Céline



Adele has outsold even the mighty Céline Dion in her first week. JOSIAH KAMAU/GETTY IMAGES

25

You don't give heartache away for free in this business

In the Nov. 21 Saturday Night Live sketch A Thanksgiving Miracle, an awkward Thanksgiving is saved when a family's political squabbles are interrupted by Adele's Hello.

As the soaring ballad plays from a clunky old CD player, the family (including Matthew McConaughey in grandpa garb) leaps from their seats for a wind-machine-assisted singalong.

This week proved it: Adele is someone we can all agree on. On Wednesday, Nielsen reported that Adele's album 25 sold 260,000 copies in Canada alone in just five days, breaking Céline Dion's 230,000 first-week sales record for 1997's Let's Talk About Love. Here's how she made it happen:

Adele for all

"Adele's music is popular with all demographics," says Anita McOuat, partner at PwC.

Bye Bye Bye to boy bands?

Though Adele dethroned 'N Sync in the U.S., make no mistake — teenage girls have not abandoned their historic throttle on the music industry. McOuat notes that 'N Sync heir apparent Justin Bieber just charted 17 singles simultaneously on the Billboard Hot 100, breaking a record set by the Beatles. But people today prefer to listen their ballads as whole albums, while choosing their pop hits à la carte from digital or streaming services.

Off stream

While Bieber may be slam-dunking streaming records, you don't make Adele money by just giving heartache away for free. She famously pulled 25 from streaming, and can you blame her? The Copyright Board of Canada ruled in May 2014 that artists would receive just 10 cents per every 1,000 streams of a song.

As hot as Hello

Lead single Hello, accompanied by its moody Xavier Dolan-directed video has been No. 1 on the Billboard Canada Hot 100 chart for four weeks.

"The outpouring of love for Adele was enormous before people even heard (the song)," says Taylor Jukes, Program Director at Toronto's Virgin Radio. "Once they heard it they fell in love." Jukes, who predicts "Hello" will have legs well into 2016, says the public appetite is enormous. "We try to play it almost hourly if we can," she says. "People want to hear it five, six times during their workday."

Lucky 21

Even more persuasive than a killer first single? An instant classic album owned by 1.5 million Canadians. "When you talk about what they are doing right with 25, you have to go back and look at all of the things they did right with 21," says Nielsen's Bakula. "That's where the base for this was built. When we look at the numbers now for 25 and go, 'These are numbers we've never seen before,' let's rewind back to when we were saying the exact same thing about 21."

TORSTAR NEWS SERVICE

ADELE AT EVERY AGE

What if Adele kept releasing a new album corresponding to her age? We imagine the possibilities.

- **42** — **Album:** 42 **Single:** I'll Be Waiting for Soccer Practice
- **29** — **Album:** 29 **Single:** Rolling in the Diapers
- **69** — **Album:** 69 **Single:** Thighfall
- **37** — **Album:** 37 **Single:** Rumour Has It the Music Industry Thinks I'm Getting Old
- **78** — **Album:** 78 **Single:** All I Ask Is That You Speak Up

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Code Black has legs

CODE BLACK, SEASON ONE, EPISODE SEVEN (CTV)

The emergency room at Angels Memorial Hospital in L.A. is wall-to-wall as usual, this time with victims from a car crash at a street fair.

The woman on the gurney has lost both her legs at the knee, and is hemorrhaging. An EMT driver hands a plastic bag to an intern.

"It's her legs," the driver says. The intern stares into the bag.

"Drop it," says Dr. Leanne Rorish, his supervisor, and head of the ER. The intern gapes at her. "I mean it, drop it," she repeats. "Her legs are worthless if she bleeds out." The intern drops the bag.

This is the best new network show in ages, for three reasons: Marcia Gay Harden, the latest in a long line of terrific but underused film actresses who find new purpose on TV, who plays Leanne.

The gimmick of the series is catchy — code black is the term for an ER that's flooded with more patients than it can handle — and the excellent close-up camera work makes the war zone mood feel authentic.

Code Black is the best new network show in ages, according to Johanna Schneller. CONTRIBUTED

But what gives it meaning Harden's kick-ass control. I loved her slinky, scary-smart corporate fixer on The Newsroom: The way she delivered bad news while flirting was a hoot.

Here, she's always doing three things at once, believably — saving patients, teaching students, and keeping a cool eye on everyone's personal dynamics. She's economical in her words and movements, so a pat on the back or wry comment speaks volumes. She's incapable of a false note.

GOSSIP BRIEFS

Wu-Tang album sells for millions

The only copy of the infamous Wu-Tang Clan album Once Upon A Time In Shaolin has been sold at an auction to a secret bidder.

Auction house Paddle8 sold the record to an American buyer for an undisclosed sum that was "in the millions," reports The Los Angeles Times. Contractual restrictions mean the record's new owner will not be able to release any of the music commercially for 88 years.

The one-off Wu-Tang album in its artist-designed box. AFP

The 31-track album was completed in 2013 and has been stored in a vault in Marrakech, Morocco, in an engraved silver-and-nickel box designed by the artist Yahya.

The music is shrouded in secrecy but the group has revealed that it features a guest appearance from singer Cher. AFP

Cobain makes Heck of a debut

Kurt Cobain is back in the charts following the release of Montage of Heck: The Home Recordings.

The record starring the late Nirvana frontman has debuted in the No.1 position in the Billboard Soundtracks chart, Billboard reports. It has also entered the Alternative Albums chart at No. 6 and is currently placed No.11 on Top Rock Albums and No.121 on the Billboard 200.

The album was created to accompany a documentary of the rocker's life, Kurt Cobain: Montage of Heck, released this year. It features previously unheard material, including a cover version of The Beatles' song And I Love Her, alongside 12 other tracks. AFP

EXPANDING HER BRAND

Beyoncé steps up fashion game

Beyoncé Knowles is working with British retail tycoon Sir Philip Green on her own clothing brand.

Set to debut next spring, the fashion range will go on sale in 20 countries around the world.

As head of the Arcadia Group, Sir Philip Green owns a host of fashion retailers including Topshop, Dorothy Perkins, Burtons and Miss Selfridge.

The partnership is a concerted effort to take a bigger slice of the global 'streetwear' market — sneakers, athletic, casual clothing and accessories.

News that Beyoncé was considering a move into fashion first surfaced at the end of 2014 when it was revealed she'd held discussions with Green regarding the creation of a new global clothing company — Parkwood Topshop.

However, there had been no statements from either party until Wednesday when Arcadia Group's parent company gave a profit update and issued an official statement confirming that "We are developing our distribution globally for the launch of this exciting new brand in spring 2016." AFP

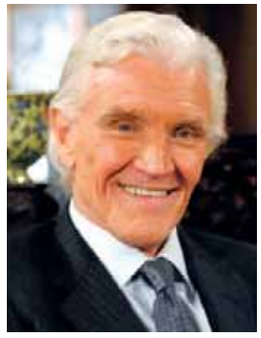
ALL MY CHILDREN

Popular daytime soap star dies

Longtime soap opera actor David Canary, best known for his role as twin brothers on All My Children, has died at age 77.

Canary died of natural causes on Nov. 16 at his home at The Greens at Cannondale in Wilton, Connecticut, Paul Pyrch of the Bouton Funeral Home said Wednesday.

Canary's career spanned more than five decades, with appearances in the films Hombre and Saint Valentine's Day Massacre before earning recurring roles on Peyton Place and Bonanza. In December 1983, he joined the cast of All My Children as twins Adam and Stuart Chandler. Playing the brothers — one evil and the other good-hearted — he acquired fame and five Daytime Emmy Awards.



Soap star David Canary ABC/THE ASSOCIATED PRESS

"For more than two decades David Canary defined daytime drama on ABC," the network wrote in a statement Tuesday. "Our hearts go out to his family and we mourn his passing."

Canary shunned the spotlight and preferred to live quietly with his wife and family.

He is survived by his wife, two children and a grandchild. THE ASSOCIATED PRESS

Cambodian fest has friend in Angie

ANGELINA JOLIE

Big star draws focus to rebirth of nation's film industry

The little-known Cambodia International Film Festival is getting a star-powered boost this year from Angelina Jolie Pitt.

The Hollywood star, who is currently in Cambodia filming her latest movie, will serve as president of the festival's honorary committee, organizers said.

The festival held in the capital, Phnom Penh, runs Dec. 4-10 and is screening 130 films from 34 countries.

"Cambodia's rich history, long culture and talented people mean it has a huge amount to offer the region and the world," Jolie Pitt said in a statement issued Tuesday by the festival. "I'm proud to support the Cambodia International Film Festival and Cambodia as a home for vibrant and innovative filmmaking."

Festival adviser Cedric Eloy, head of the Cambodian Film Commission, said Jolie Pitt's role would provide moral support and help "bring attention to the rebirth of the Cambodian film industry."

Angelina Jolie Pitt, UN High Commissioner for Refugees special envoy and co-founder of the Preventing Sexual Violence Initiative, visits Jan Mai Kaung refugee camp in Myanmar. HKUN LAT/THE ASSOCIATED PRESS

Cambodia's film industry was devastated by the murderous reign of the Khmer Rouge in the 1970s.

Jolie Pitt is currently filming an adaptation of a Khmer Rouge biography, First They Killed My Father, based on a 2000 memoir by Cambodian author and human rights activist Luong Ung. THE ASSOCIATED PRESS

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metro HOME
Your essential daily news

Seasonal decor: Rose hips from your plants make a colourful centrepiece addition

Add a strategically placed, framed mirror to provide a great perception of light in a small space. MARK MIRKO/THE HARTFORD COURANT/TORSTAR NEWS SERVICE FILE

Dream big for a tiny bedroom

CONDO TRENDS

Not much sq. ft.? Try these storage, style tips from a pro

Duncan McAllister
For Metro Canada

So you're all set to move into your brand new 500-square-foot downtown condominium. You're wondering how you're going to squeeze that queen-sized mattress into a bedroom that looked much bigger in the floor plans. And when you do, will there be room left for anything else?

Living in smaller condos is a fact of life. "Anything shorter than a nine-foot bedroom and there's no way you can put anything other than a bed." says Toronto interior designer Kim Jones.

Here's some of her helpful tips and tricks, so you don't lose any sleep over furnishing your boudoir.

Store it and forget it

If you're short on closet space, built-in shelving and beds with integrated drawers underneath can help solve storage woes. No room for a pair of night tables? Cleverly designed shelves can be custom made to look good and save floor space.

A smaller, second bedroom or a den can be made into a multi-purpose room — for example, an office or library during the day that, in a pinch, transforms into a bedroom for overnight guests.

As always with small spaces, multi-functional furnishings are the way to go. For the bedroom, there are numerous options today from a fold-out sofa to a daybed to a trundle bed, ranging in size from singles to queen mattresses.

These dual-purpose furnishings are designed by companies like Sunpan Modern Home and Brentwood Classics that supply the design trade exclusively.

"These companies, and even IKEA, have great storage beds that have drawers underneath that make a significant difference because it eliminates the need for a dresser," says Jones.

Smart House condos in downtown Toronto have suites ranging from 300 to 700 sq. ft. in size. URBAN CAPITAL

COLOUR

Interior designer Kim Jones recommends the use of paint colours to offset the contrast between a white ceiling and dark floor, such as Quietude, which is a Sherwin-Williams shade. "It has kind of a greeny-blue colour, it's very serene and it adds so much depth that by optical illusion, the room becomes deeper."

Let there be light

The use of light is important in creating the perception of space. Natural light, the use of mirrors and paint techniques can all be used to help make your bedroom look bigger.

Most condo dens lack windows, so a strategically placed, framed mirror has much more impact on a room than if you do the whole wall, says Jones.

"Let's say you have little night standard tables with lamps on both ends of your daybed. Put a framed, thin mirror on both sides and you'll get a great perception of light," she says.

Designer Joanna Kakkavas demonstrates a space-saving in-wall bed. CONDO BOX

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Your future kitchen

Clockwise from left, the Paragon induction cooktop, the SmartyPan and Neo wireless jars.
CONTRIBUTED

TECHNOLOGY

New tools smart, connected, can even order your groceries

Precision, mobile cooking

FirstBuild, a GE lab based out of Louisville, Ky., has started pre-sales on its Paragon induction cooktop. The portable stovetop is actually a three-piece set: induction heating element, Bluetooth-enabled thermostat and app. Users insert the thermostat into their pots and pans, set the desired cooking temperature and time on the app and walk away. The thermostat monitors the temperature and the burner adjusts to keep it within one degree Fahrenheit, says Lou Lenzi, director for GE Appliances' industrial design operation. Paragon starts shipping in December for $249 US. GE is already using the thermometer for some of its other stovetops.

Calorie-counting pans

For people trying to reduce their calorie intake, it can be a challenge when recipes don't offer nutrition guides (or when you stray from the recipe). This was the problem New York-based nutritionist Prachi Baxi and her engineer brother tried to solve, she says. The duo created SmartyPans, with connected smartphone app, that dishes out a calorie count based on actual food added. Tell the app what you're adding (the app is voice activated) and it measures the quantity as ingredients are dropped. The pans are currently available for pre-sale in the U.S. for $189 US, though Baxi hopes to have it more widely available by spring next year.

Smarter storage

Toronto-based SKE Labs is getting set to start shipping its smart jars, Neo. The wireless jars communicate with an app, while sensors measure weight and manually entered best-before dates track freshness. The app even suggests recipes based on what's in the pantry. As ingredients get low, they're automatically added to a shopping list (for those who frequent nearby grocery stores) or auto-ordered from online retailers (for those who opt to shop digitally). Neo (six jars for $299), is estimated to start shipping this November.

TORSTAR NEWS SERVICE

TIPS

Dream apartment for you and your cat

Canadians love cats. Thirty-seven percent of households own one or more cats, according to the Canadian Federation of Humane Societies. But landlords and property owners don't always think so kindly of our feline friends.

We asked Niccole Schreck, senior brand manager for Rent.com (and a cat owner herself), for her tips for home-hunting with a cat.

Look specifically for cat-friendly buildings

It seems obvious, but apartment hunters would save themselves from a lot of heartache if they concentrated on finding pet-friendly units from the outset. Luckily for cat owners, "there are a lot more restrictions for dogs than cats," notes Schreck. Some websites such as PadMapper.com have a cat-friendly filter that makes the process much easier.

Always start a conversation

"You can talk to the property manager or landlord," says Schreck. "The No. 1 factor (that leads landlords to ban cats) is fear of damage to the unit. Obviously, cat urine is a smell that's almost impossible to get rid of. If you have an indoor/outdoor cat, they fear they will bring bugs or birds into the unit." A little assurance goes a long way.

Create a cat resumé

It may seem silly, but a "cat résumé" is a great tool to show landlords that you take their concerns seriously and also answers any questions they have about your pet.

"You should always include a photo of your pet, along with your cat's name, weight and any medical information — for example, is it spayed or neutered?"

METRO U.S.

'CATIFY' IT

Choosing the right gear and tweaking your home can keep felines safe, sane and stimulated, says the author of a new DIY-focused book.

Catify to Satisfy is Kate Benjamin and Jackson Galaxy's followup to their 2014 bestseller, Catification, with both offering tips from cat owners on what they've accomplished with home enhancements.

The authors' advice includes creating a "base camp" for a new cat, meaning a defined room or space where territory can be established. Potential areas for caving — what cats do when looking to hide deeply away out of fear — should be blocked off. And "cocoons," semi-enclosed havens cats may go into to reduce stress, should slowly be moved out of camp as socialization progresses.

THE ASSOCIATED PRESS

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What they're a$king

Single-family homes are becoming harder to find, especially in the larger markets. Condos fill the need for growing cities, but if you want to start a family, there's nothing like having your own backyard. A two-bedroom house is a modest size for a growing family, and there are still some deals to be found. Here is a selection of unique homes on the market this week.

Duncan McAllister FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

$679,900

Toronto

Here's a semi-detached home at 136 Alton Ave. in Leslieville with two-car parking and overlooking Greenwood Park. The renovated kitchen has concrete counters and the living space features hardwood floors, a fireplace and exposed brick. There's an updated main bathroom, finished basement with recreation room and a three-piece bath. The property features a private drive and garage with a landscaped, secluded patio and gardens. Listing agent Audrey Azad is with RE/Max Hallmark Realty, 416-699-9292.

$650,000

Ottawa

This home in Lindenlea is zoned commercial with three units in total: Two large residential apartments and one commercial space is included. The building exterior is brick with wood shingles on a 27' x 65' lot. Listing agent Paul Jackson says this is a rare opportunity to own one of New Edinburgh's most iconic properties. Jackson is a sales representative with Royal LePage Performance Realty, 613-238-2801.

$699,900

Halifax

For sale is this unique oceanfront home with commercial opportunities. The contemporary home was custom-built with a massive front deck and towering windows overlooking St. Margaret's Bay. The spacious birch kitchen opens out to the great room with soaring ceilings, a gas fireplace and floor-to-ceiling windows. The downstairs offers almost 2,000 sq. ft. of potential living space. Listing agent is Thomas Bagogloo from the Bagogloo Team, RE/Max nova, 902-830-9006.

$459,900

Calgary

This former bungalow show home includes upgrades such as vaulted ceilings, built-in cabinets and a three-sided fireplace. The main floor offers a good-sized kitchen with an island, pantry and nook. The master bedroom has a full en suite with soaker tub and walk-in closet. It's close to green spaces, shopping, schools and transit. Tim Lind is a sales representative for RE/Max Real Estate Mountain View, 403-333-08374.

$1,449,000

Vancouver

This cute single-family home is located on the Main Street corridor with a 4,000-sq.-ft. building lot, offering lots of potential for new construction. With a walk score of 75 and a bike score of 100, it's only two blocks to Queen Elizabeth Park and one block to Cartier Park. The location is close to all the Main Street amenities. Listing agents Shawn Anderson and Michael Rampf are with RE/Max Crest Westside, 778-229-6461.

$365,000

Edmonton

Here's a half-duplex for sale in Sherwood Park. The main floor has a two-piece washroom. The great room has a built-in TV cabinet above a gas fireplace. The kitchen has dark cabinets with tile backsplash. There's a fully fenced backyard with gas barbecue hookup. Two large master bedrooms each have walk-in closet and four-piece en suite. Sara MacLennan is a sales representative with Liv Real Estate, 780-486-8655.

$699,900

Winnipeg

This architecturally designed and custom-built residence in St. Andrews has a main-floor great room with panoramic river views, a dining room with river and garden views, and birch floors. The eat-in kitchen has a breakfast nook and gas cooking range. There's a main floor powder room and four-piece bathroom and interior access to the three-car garage. Kenneth Clark is a sales representative with Realty Executives Premiere, 204-957-1007.

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WHITEHAUS CONDOMINIUMS

CONTRIBUTED

Fit for a president

Project overview

A new, mixed-use, highrise residential development currently in pre-construction, Whitehaus promises to be midtown's most connected condominium community. With its defining architecture and inspiring amenities, the building is set in the vibrant Yonge and Eglinton neighbourhood.

Building amenities

Purchasers of Whitehaus will have full use of the fitness centre, an event kitchen, a residents' lounge, as well as an arts studio and flex space and a ping-pong lounge, with card and key access throughout all common areas.

Location and transit

Whitehaus is situated in a highly walkable and transit-friendly location, steps from the Eglinton TTC subway platform, and the soon-to-be Eglinton Crosstown LRT. It's also close to bicycle lanes and the Don Valley Parkway, so you can be in the downtown core within 15 minutes.

In the neighbourhood

The condo is located close to the bustling intersection of Yonge and Eglinton, where you'll find all manner of shopping and fine dining along with a vibrant urban nightlife. There's a lot going on in this desirable community, and everything is a short distance away.

EVERYTHING YOU NEED TO KNOW

What: Whitehaus Condominiums
Builder: Lifetime Developments and Knightstone Capital Management
Architect: Diamond Schmitt Architects
Interiors: Cecconi Simone Inc.
Location: Yonge-Eglinton
Building: 29 floors with 366 suites
Sizes: Tower suites from 377 to 1,140 sq. ft., and towns from 1,030 to 1,243 sq. ft.
Prices: Suites start from $261,900
Suites: One bedroom, one bedroom plus den, two bedroom, two bedroom plus den and townhomes
Status: Registration, pre-construction phase
Occupancy: 2019 (tentative)
Sales centre: Baker Real Estate Inc., 175 Bloor St. E., North Tower, Suite 300
Hours: By appointment
Phone: 647-344-1520
Website: whitehaus.ca
Email: info@whitehaus.ca

LEGAL MATTERS

Short-term refinancing costs

Jeffrey Cowan
For Metro Canada

Q: I am refinancing my condo with another financial institution than the one that is presently holding my mortgage. My lawyer has been instructed by the new bank but they are now requesting that I obtain an up-to-date status certificate as a condition to the new financing.

If I continue to own the property, why do they need this document (which costs $100.00) when nothing has changed except the bank holding the mortgage?

A: A status certificate is a document issued by the condominium corporation that sets out a variety of items that relate to the building as a whole and the actual living unit. The information includes: the current reserve fund, if there are any arrears in the common expenses, if there are any lawsuits against the condo corp., and if they anticipate any special assessments or increase in common expenses (among other items). Your bank wants to know that the condo and the building are in good standing because they are providing you with mortgage funds.

Status certificates are part and parcel of all purchases of condos and are reviewed by your lawyer, but increasingly, any time you change a participant in the finances or ownership of a condo, the parties are requesting a current status certificate.

One of the costs of doing business.

Housing affordability an issue for everyone

Bryan Tuckey
For Metro Canada

The affordability of housing in the Greater Toronto Area is an important issue. It is one that most GTA residents watch with interest, and it is one that has them worrying about what the future will hold for them and for their children.

According to a recent poll that BILD conducted with Ipsos, 70 per cent of GTA residents are concerned about their ability to afford to buy their next home. The poll of 1,500 GTA residents was taken in late August.

We also asked people if they were concerned about their children's ability to buy a home when it comes time to buy. Of those who have adult children or children under 17, more than three-quarters said they are concerned their kids will face housing affordability challenges when it is time for them to buy.

Affordability is also a major issue for the building industry and one that we are passionate about. We are in the new-home building and selling business, and we need people to be able to afford to buy our products.

As an industry, we continue to innovate and provide consumers with new-housing choices that are affordable. Developers building condominiums in the GTA keep finding creative ways to maximize living space and reduce the sizes of suites to make them more affordable for new-home buyers. But innovation alone will not address the challenge of affordability.

70%

According to a recent poll that BILD conducted with Ipsos, 70 per cent of GTA residents are concerned about their ability to afford to buy their next home.

Our housing market in the GTA is dynamic and it is complicated. Like all markets it is subject to the economic laws of supply and demand, but to complicate matters it is also impacted greatly by governments at all levels.

Things like land use, housing and fiscal policies; government taxes/fees/charges; outdated zoning bylaws and approval processes; and lack of land that is serviced with infrastructure and ready for development are key factors in the challenge of affordability.

To tackle the issue of housing affordability, all those involved need to be engaged in finding creative solutions. A place to start could be government fees and taxes, which currently amount to an average of one-fifth of the cost of a new home in the GTA. Another is modernizing outdated municipal zoning by-laws and processes for approvals that cause unnecessary delays and expenses today.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

REAL ESTATE

What's hot on the market

DUNCAN MCALLISTER

1 THE ESPLANADE

Now previewing: 158 Front condominiums in downtown Toronto, built by Cityzen and Fernbrook and designed by architect Peter Clewes. Visit the sales office at 22 The Esplanade.
CONTACT: 647-351-0158, 158FRONT.COM

2 ETOBICOKE

Open house: Several new townhomes will be shown this Saturday at the Star Tower by the Etobicoke waterfront. Check it out at 2230 Lake Shore Blvd. W., on Nov. 28 from 2 to 4 p.m.
CONTACT: SARAH JANE TEMPLE, 416-789-0288

3 RONCESVALLES

Now open: 35 Wabash, a four-storey boutique condo townhouse project by Zinc Developments. Check out the presentation centre at 173 Roncesvalles Ave.
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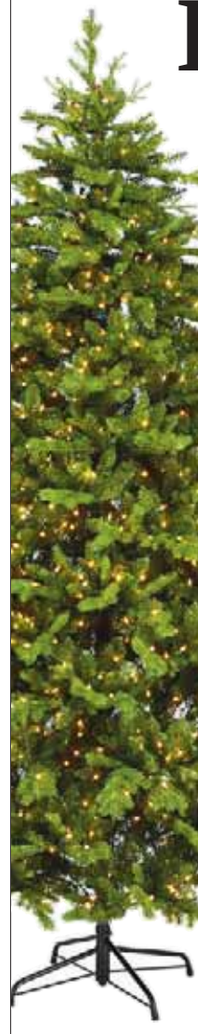
Deck the tree



Karl Lohnes
For Metro Canada

The Christmas tree is the focal point of your home for the next few weeks. Just as friends cast judgment on your outdated throw pillows or wall colour, the tree will also come under scrutiny — so get it right.

Hunting for this season's best artificial Christmas tree, I found the perfect one from Canadian Tire. Here's a few of their best holiday tree-trimming accessories and some rules to ensure a fabulous centrepiece to your home this season.

Colour trends

Look for the three big trends this year: layers of blue, warm metallic colours, and grey tones. Each colour helps to create a different mood when decorating: Blues give off a retro vibe when teamed with red and white; gold and bronze give off a luxe appeal when mixed with other warm metallic tones like copper; and, grey creates a sophisticated look when silver, black and berry colours are added.

Best artificial tree: Canvas Oxford Liberty Pre-Lit Pine Christmas Tree, 9 ft., $580, CanadianTire.ca

QUICK TIPS

How many ornaments should I hang on a seven-foot tree?
250 ornaments (35 ornaments per linear foot of height is a general rule).

What should I look for in an artificial tree?
Look for trees that are realistic in colour, have at least two different style of branches, are pre-lit with an adequate amount of warm-white lights, and that the trunk is covered to have a natural bark look.

How many lights should adorn a seven-foot Christmas tree?
700 lights (100 lights per linear foot of height).

Accessorize the tree with creativity

At the top of the tree, consider something fun like a black top hat and red scarf or a set of decorative resin deer antlers. Under the tree create some luxury for those gifts by laying a faux fur throw, or crumple a set of vintage velvet drapes. Who knows what you might find lying under the tree on Christmas morning?

Blue
Layering many tones of blue ornaments will give you a visually simple but interesting scheme.
1 Canvas Arctic Teal Wide Glass Finial Ornament, $5
2 Canvas Arctic Teal Peacock Ball Ornament, $4.50

Gold
All tones of gold help to create a luxe look on the tree this year.
3 Canvas Gold Spike Ball Ornament, $5.50
4 Canvas Gold Glass Peanut Ornament (set of 3), $4.50

Grey
Mix with silver and black to create a sophisticated look.
5 NOMA Distressed Glass Lighting (10-set), $17
6 Canvas Silver Flower Patterned Glass Ball Ornament, $5
7 Canvas Silver Metal Penguin Ornament, $3

Early birds get the best deals

SHOPPING TIPS

Online and in-store sales may already be available

Tanya Enberg

Slashed prices on electronics, clothing and sports gear top the lists of many Canadian Black Friday shoppers — and it's becoming easier than ever before to snag the best deals available, say the pros.

"Stay social," advises Satish Kanwar, director of product for the e-commerce site, Shopify, used by more than 175,000 merchants across the globe.

"Your friends love posting about great Black Friday deals just as much as stores do. Lots of online stores also allow users to share their shopping experiences directly from the site, or tweet out must-have items. Shoppers should monitor their newsfeeds and timelines to make sure they're not missing out on any great deals."

Sharon Giraud, a business consultant in Mississauga, is a savvy Black Friday devotee. Among the goods she will be watching for is software, clothing, tech gadgets and cooking items.

"I check online and in store in advance to see what the prices are," says Giraud, 49, who prefers shopping virtually to avoid in-store crowds.

"You can often jump online at midnight and get the deals before stores even open. If it's something like shoes or clothing, I try it on in advance so I am certain the sizing is right."

Additionally, Giraud makes a habit of asking staff at the stores where she shops about future markdowns, especially as a number of businesses start cutting prices before the arrival of Black Friday.

Striking early is smart move, agrees Kanwar.

"More and more, retailers are offering sales in advance of Black Friday to ramp up excitement for one of the busiest days of the year," he says.

"Be sure to keep an eye out for the inevitable early sales."

Black Friday has become the unofficial start of the holiday shopping season, with thousands of Canadians taking advantage of online and in-store sales. SHUTTERSTOCK

Diane J. Brisebois, president and CEO of the Retail Council of Canada, says homegrown merchants are stepping up their online game, and Canadians are taking notice.

"What we heard from the great majority of retailers who were active in promoting Black Friday (last year) was about the growth in online shopping," Brisebois says.

"They were shocked — it was double digits."

Brisebois points out that more merchants are setting up virtual stores, resulting in a highly competitive atmosphere and boosting interest among buyers looking for value from the comfort of their own homes.

Rooted in the U.S., Black Friday is still a relatively new concept in Canada. It first began appearing here in 2008, and the idea is gaining momentum with some consumers.

It is now considered one of Canada's biggest shopping days of the year, with tech items in the highest demand, as well as other pricier fare, such as parkas, footwear, jewelry, skates and ski equipment.

STRIKING EARLY IS THE SMART MOVE

Brisebois says that Black Friday is "becoming the kick off" for holiday shopping, however stresses that it is easy to get swept up in the consumer hype and lose sight of one's budget.

"To some people it's the high, the excitement — it gets crazy, it gets busy," says Brisebois.

"There's a lot of buzz, but always be careful that you're buying what you need and what you're going to enjoy. This is no different than trying to put your list together for the holidays — stick to your list."

Brisebois suggests setting a budget, shopping around, downloading apps to price compare, paying with debit, and only using credit if the card provides real benefits.

BEFORE HEADING OUT

- Make a list
- When cross-border shopping, calculate exchange rates and shipping costs before ordering
- Understand the currency being used online
- Take advantage of promo codes
- Shop with retailers you know and trust
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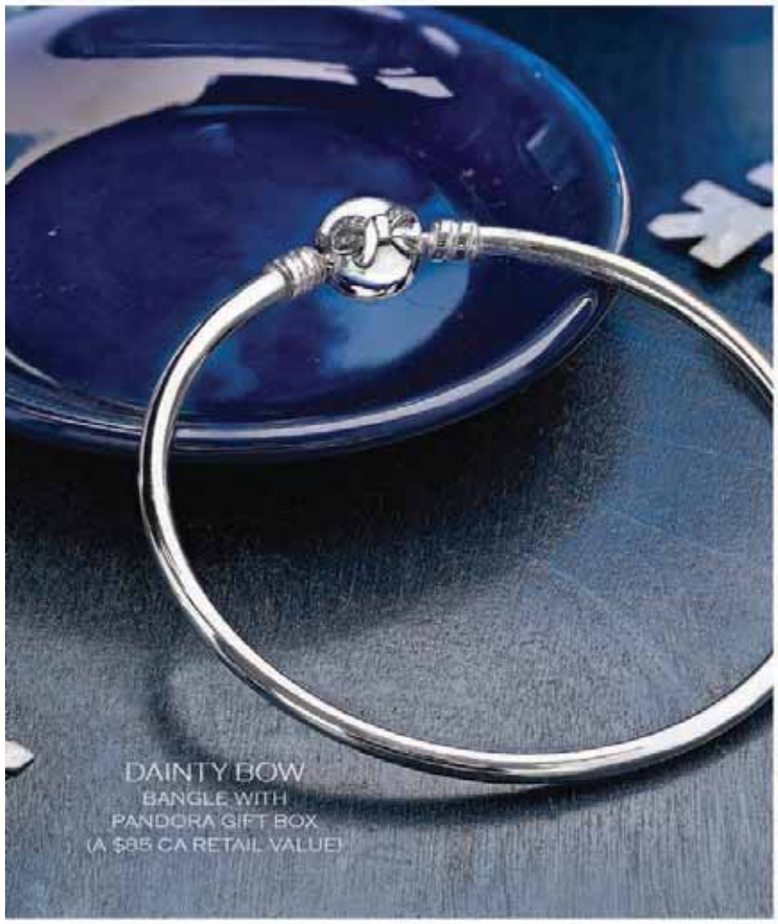

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BRAVE THE MALLS OR VENTURE ONLINE: CANADIANS POISED TO FIND A STEAL

Tale of two shoppers

MALL SHOPPER

Kelly Chan, savvy shopper out to snatch up a deal no matter what. THOMAS BOLLMAN

If shopping were a sport, Kelly Chan would be an Olympian. And Black Friday would be her Olympics.

Chan, 22, heads south of the border for Black Friday, where shoppers get pushed, shoved and kicked over sale items. This year, though, she'll be staying in Toronto.

One time, she found a Free People cardigan that was discounted from US$200 to US$120. When she picked it up, another woman — who Chan says wouldn't have fit into the cardigan — claimed it was hers, and a pulling match ensued.

Chan's friend stepped in to help. "We tugged it away from her — she was screaming and cursing," she said. "It was a victory for me."

This year, she won't be driving south of the border, in part because she has an exam on Black Friday. "I think in a way shopping in Toronto is more relaxing because I find people are less competitive," she said. That, in turn, makes shopping a better overall experience.

The biggest benefit, though, is if she changes her mind about an item she bought during the excitement of a Black Friday sale, she can return or exchange it. "Shopping in another country doesn't allow that," said Chan.

Also, many Canadian-based retailers offer all-day (or, in some cases, all-weekend) shipping as an added bonus to customers, she said.

New this year, the Retail Council of Canada is promoting local, independent businesses on the Saturday following Black Friday: Shopin Saturday. That provides more shopping options for those who don't want to wait in long line-ups or fight the crowds.

Regardless of where you shop, Black Friday requires a strategy, "especially in the States where people are crazy and you can actually die from being trampled up," said Chan. "It's nothing like Boxing Day here. In the States, you will get punched, you will get hit, you will get yelled at."

It doesn't faze her anymore, though. "I'm accustomed to it — I'm just as aggressive as an American now," said Chan, a Torontonian who is studying international business management at Seneca College and works part-time as a bank customer service representative.

After monitoring websites and putting together a shopping "blueprint," Chan is ready for Black Friday. In the past, she would drive to Walden Galleria Mall in Buffalo, leaving Toronto around 4 a.m. to make it to Macy's in time for the 6 a.m. door-opening.

There's no time to try anything on. "On Black Friday I just pick it up and go," she said. "Not all stores even let you try things on."

CYBER SHOPPER

Pat Farley finds unique items on websites like Etsy. JUSTIN TANG

Pat Farley buys almost everything online. He still pops into stores to browse and do his research, but then he goes home and flips on the computer to make his purchases.

So when it comes to Cyber Monday shopping, he's prepared.

"I used to go with a bunch of friends Stateside and do it that way," says the 33-year-old senior graphic designer at Giant Tiger in Ottawa. "Then we all grew up and got day jobs and can't do that anymore, so that's how I got into the online stuff. And I like the whole scavenger-hunt feel to it."

Over the years, he's picked up some good deals online, such as a Dyson vacuum for $110 with shipping (worth about $350). He also snagged a coat from Roots where he saved 75 per cent off the original price.

But for Farley, it's not just about price — although that's a big factor. "The stores in Ottawa, it's all the same kind of stuff," he says. "If you go online you tend to find really cool stuff, especially if you go on Etsy. You get stuff that's one of a kind and other people don't have."

But, like a physical mall, it's first-come, first-served, and there are online door-crashers. So Cyber Monday shopping means a midnight shopping spree — except with a cup of coffee in hand, in the comfort of pajamas.

Retailers participating in Cyber Monday distribute flyers about a week in advance, so you can do your research and find out if you'd actually be getting a good deal, says Farley. The best deals, like electronics, tend to get snapped up in the first hour.

"It's a virtual lineup," he says. "If you're really interested in something, make sure you're logged in, you're in your account, you're ready to grab the item, put it in your cart and check out."

WHEN THE CLOCK HITS MIDNIGHT HE'S READY TO START SHOPPING

Even if an item is in your virtual shopping cart, it's not yours until you've paid for it. "That's the only thing I don't like — if [you're shopping] in person you have it your hands," Farley observes. "When it's online, it's not yours until you actually go through the transaction."

He recommends settinvg up an account in advance (if you don't already have one) with your payment information. Then "it's pretty much click, click, click and you're done." The advantage of online shopping, though, is that he can shop anywhere. The night before, Farley logs into his accounts at around 11:50 p.m., so when the clock hits midnight he's ready to start shopping. VAWN HIMMELSBACH

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Canadians act ... Canadian

Black Friday is busy in Canada, but we maintain our politeness. TORSTAR NEWS SERVICE

SHOPPING ATTITUDES

Things don't get as bad here as in the U.S.

Takara Small

Hordes of Canadians from coast to coast have made annual cross-border treks to U.S. shopping centres, outlet malls and stores to scoop up deals throughout November and December — the busiest (and most important) time of year for retailers.

Until recently, a strong loonie and holiday promotions meant big discounts south of the border where shopping can turn into a blood sport.

In Canada, we've managed to escape retail mayhem that goes along with Black Friday deals, with the worst shopper behaviour boiling down to the occasional shouting and line-cutting. But some shoppers in the U.S. haven't been so lucky, finding themselves among people trampling, bare-knuckle fighting or even shooting bystanders to get what they want.

A quick scan of YouTube will elicit examples including an incident in 2012 when a crowd of shoppers trampled each other.

Overall, Canadians are more composed shoppers during Black Friday (or holiday) shopping.

"We didn't see a lot of [poor behaviour] in Canada and that's because we don't have a holiday around it," says Vincent C. Power, vice-president of corporate affairs and communication of Sears Canada, Inc. — a company that sees its own share of holiday lineups and was one of the first major retailers to offer Black Friday sales in Canada.

BUSIEST SHOPPING DAY IN THE U.S.

Since Canadians don't celebrate Thanksgiving in November (and don't have a day off to spend shopping), they're less likely to wait in line, camp overnight in front of stores, and see retailers amp up pressure for the big event, adds Power.

It's no surprise that people can be downright dangerous over one-off, amazing deals. The name Black Friday — which once only focused on deals for the Friday before the long weekend, but now extends throughout the weekend into Cyber Monday — originates from companies seeing "black" thanks to increased profit over the holiday weekend.

According to the National Retail Federation, an international retail trade association, Thanksgiving weekend was the busiest shopping day in the U.S. last year, with Black Friday as the most shopped day.

Meanwhile, a DIG360 and Ispos report from 2014 found that Canadian Black Friday sales dropped slightly to 51 per cent (from 55 per cent in 2013), suggesting a plateau.

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Hot tech finds for Black Friday

Marc Saltzman

'Tis the season to buy tech toys, whether it's to gift over the holidays or treat yourself to something you've had your eye on.

Retailers are looking to spur sales on "Black Friday" — which takes place on Nov. 27 — including advertised discounts on many consumer electronics products.

"The popularity of Black Friday shopping continues to grow and each year Canadian retailers are responding with enticing promotions," says Jason Anderson, senior vice president of Marketing at Cadillac Fairview. "Electronics are among the top-selling items within our properties, so the deals are there, and savvy shoppers are taking advantage of the savings."

"On such a busy shopping day, consumers need to be strategic, test, scout and do product research ahead of time so they can identify what they want and where to get it quickly especially when it comes to the hottest tech products that are sure to fly off the shelves," suggests Anderson.

Look no further than below for a glimpse into some of the best Black Friday deals on gadgets, gear, and games.

Toshiba 55-Inch 1080p 60Hz LED TV (55L310U)
Regular price: $699.99
Black Friday price: $499.99
Retailer: Best Buy

If you've been saving up to treat yourself to a big-screen TV, Best Buy is offering a 55-inch Toshiba LED TV (model #55L310U) for $200 off the sticker price – and throwing in one year of Geek Squad 24/7 online support, should you need it.

This 1080p HD television enjoys LED backlighting, 60Hz refresh rate and a 1000:1 contrast ratio for deep blacks and more vibrant colours. Along with the twin 8-watt speakers, this television features DTS TruSurround for a more immersive sound experience in your TV shows, movies, games and sports.

Monster iSport Bluetooth Wireless In-Ear Headphones
Regular price: $119.99
Black Friday price: $59.99
Retailer: The Source

Active types will tell you four problems with the earbuds that ship with your smartphone: the audio quality is less than desirable; they're not sweat resistant; the cord gets tangled up; and they fall out of your ears too easily.

Instead, the Monster iSport Bluetooth Wireless In-Ear Headphones resolves all of those issues: they offer superior sound; they're sweat-resistant; they wireless connect with your smartphone; and they're designed to stay in your ears comfortably and securely. An integrated microphone means you can take a call if one comes in.

Canon EOS Rebel T5 Camera w/18-55mm IS III Lens
Regular price: $499.99
Black Friday Price: $329.99
Retailer: eBay (eBay.ca/BlackFriday)

Don't take lousy photos with your smartphone when you can capture life's memories in much better quality. eBay has a Black Friday sale on the Canon Rebel T5 for up to 58 per cent off. Ideal for amateurs and hobbyists, this digital Single Lens Reflex (dSLR) camera includes an EF-S 18-55 millimeter lens for you to capture dazzling photos and shoot HD movies right out of the box.

iRobot Roomba Vacuum Cleaning Robot (780)
Regular price: $699.99
Black Friday price: $449.99
Retailer: Best Buy

Who wouldn't want their home vacuumed by a robot? Especially if you can just "set it and forget it" — to borrow the quote from infomercial guru Ron Popeil. On sale for $250 off the usual price at Best Buy, the iRobot Roomba 780 can move about your floors to suck up 98 per cent of dirt, crumbs and pet hair off carpet, hardwood, tile or laminate.

Fitbit Charge HR Fitness Tracker
Regular price: $179.99
Black Friday price: $149.99
Retailer: Multiple stores

If your New Years' Resolution is to get rid of that spare tire once and for all, the Fitbit Charge HR Fitness Tracker might just be the motivator you need — and it's available for $30 off at multiple retailers on Black Friday (an exclusive blue model is on sale at Best Buy only from Nov. 27 through 30). This wrist-mounted bracelet lets you set a daily goal — such as a certain number of steps taken, distance traveled or calories burned — and the lightweight and water-resistant wristband will keep track of your daily progress. As the name suggests, the Fitbit Charge HR can also read your heart rate. Along with info on the small screen, this Fitbit also wirelessly syncs with your phone or tablet.

Acer Iconia 7-Inch Tablet (16GB)
Regular price: $109.99
Black Friday price: $89.99
Retailer: The Source

Want a tablet but can't afford an iPad? You'd be surprised how good an inexpensive tablet can be, like the Android-based Acer Iconia, a 7-inch white tablet available at The Source for $20 off the regular price. Fast and light, and with a high-resolution display (1280 x 800 resolution), this touchscreen tablet is ideal for playing games, viewing videos, reading ebooks, browsing websites, and more. Along with

support for Google Play's 1.5 million downloadable apps, this tablet includes Bluetooth connectivity for optional wireless keyboards, speakers, headphones and other accessories.

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MBA GUIDE

Keep up with the job market

While many students are taking the collegiate route, looking for hands-on learning, an MBA may, in fact, be the most practical of educational choices for today's job market — and tomorrow's.

"The primary reason that candidates are pursuing an MBA degree is entirely practical — they have a goal to make a shift in their careers either by industry, function, geography or all of these factors. Even 'career accelerators; are looking for a change as a result of graduating with an MBA," explained Niki da Silva, director, recruitment and admissions, full-time MBA program, at the Rotman School of Management at the University of Toronto. "Generally, any good MBA program will ensure its students graduate with the ability to tackle more complex problems, make more difficult decisions and manage complex stakeholders — ultimately a combination of skills that will result in increased responsibility.

"The best MBA Programs are deeply connected to industry and the key skills demanded by recruiters and align curriculum and experiences to ensure students graduate with these skills and abilities."

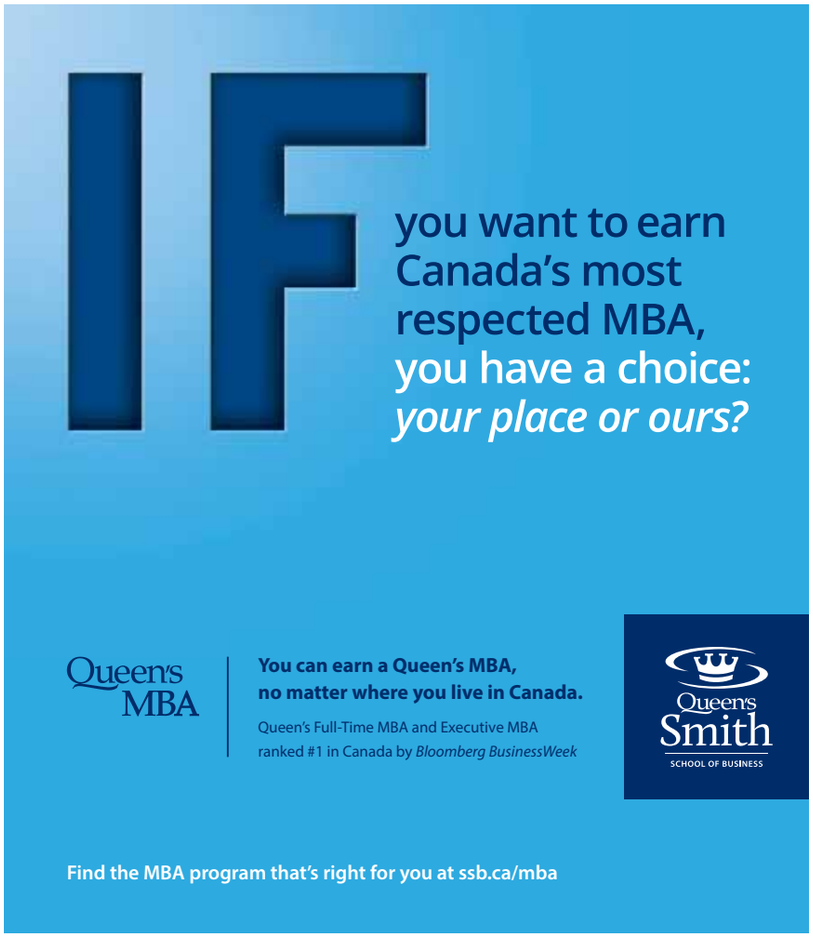
The world is changing and so too is the composition of MBA programs. Rotman, for example, has seen an increase in female enrollment from 25 per cent to 31 per cent of its class in the past 10 years. Over that same time, international students have gone from 36 per cent to 53 per cent.

And with technology having such a dramatic influence on the business world, pursuing an MBA can give students the tools they need to adjust to the new and emerging realities.

"It is hard to overstate the impact technology has had on the business world — technology is disrupting nearly every industry and traditional business model," da Silva said. "The best MBA Programs are immersing students in this disruption, something we do an in integrated way in Rotman's Program. Our MBAs can participate in Rotman's Creative Destruction which provides an experience for students to replace cases with experiential learning during the process of rapid equity value creation.

"Since its inception in August 2012, the CDL has created more than $180M in equity value! Students work alongside G7 and L7 Fellows and venture founders and watch, listen and contribute to the process of equity value in massively scalable companies."

SHUTTERSTOCK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Queen's health-care program truly unique

As one of only a few Canadian institutions offering a master of business administration (MBA) with a specific health care focus, Queen's University's Smith School of Business has designed a program that balances theory and practical application, says the director of the school's full-time MBA program.

"We have moved, as a school, towards a lot more hands-on learning. So, in the health-care management specialization, you not only learn theoretically but also practically while building contacts in the journey towards your career," says Shai Dubey. "You'll participate in simulations, analyze the operations of a company and give suggestions, go through various consulting scenarios and also complete an integrated project with a real company.

Shai Dubey CONTRIBUTED

"You'll also get to help with and experience the Queen's Health Policy Change conference series, which brings together senior Canadian and international leaders from business, health care, government and academia."

MBA students spend six months completing 10 core courses and an integrative project. It is during the second half of the one-year program that they choose a specialization module such as health-care management, which includes four core courses (project management, health policy in Canada, consulting in the health-care sector, and health-care strategy and governance), an individual applied management project and four elective courses.

"Students are learning from academics and practitioners," says Dubey of the faculty members who teach in the health-care management stream. "We have former consultants, former medical doctors, people who have been involved in health-care policy in Canada and more. Students get real time knowledge from people who understand the field."

Dubey says the program, which was launched due to industry demand doesn't require students to have a health-care background as demand continues to grow and change.

"As consulting companies start building their portfolios, they may initially hire people from a health-care background, but as the sector grows that will change rapidly," he says. "There is a lot of need for people who understand how to manage."

Smith School of Business MBA students may choose to complete a double business degree through the "expert level," which enables them to apply some of their MBA credits to a second master's degree.

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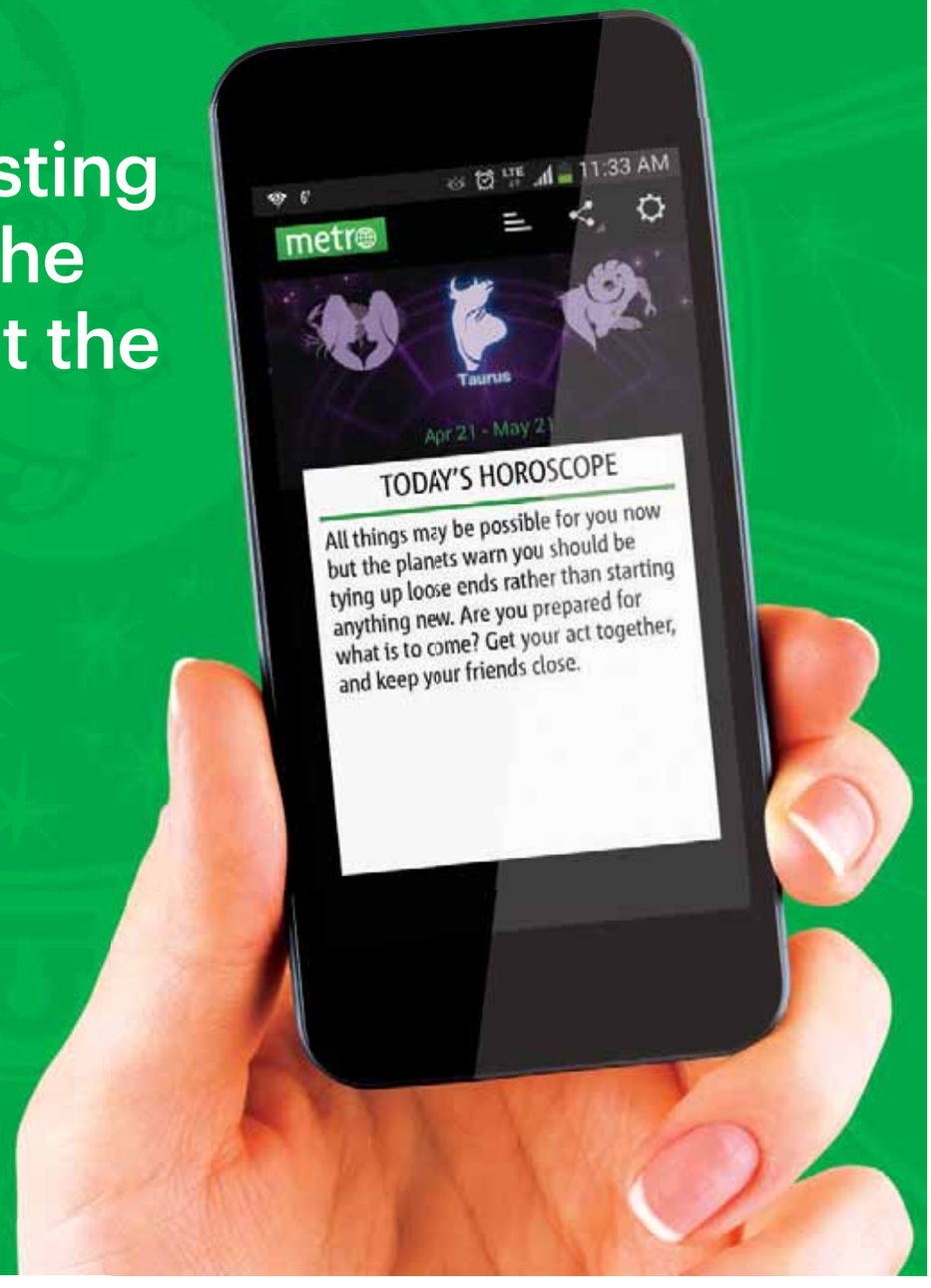
Neptune is suggesting that now may be the perfect time to get the Metro News App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metro SPORTS

Seattle Seahawks running back Marshawn Lynch will miss 3-4 weeks after undergoing surgery to repair an injury related to a sports hernia

GOALTENDING

Injury no biggie, Reimer insists

Maple Leafs goalie James Reimer missed practice over an injury Wednesday, briefly raising alarm bells before both he and coach Mike Babcock put any concerns to rest.

Reimer told reporters he expects to be back at practice Friday. When pressed about the source of the injury, he said "lower body."

"I've got some aches here and there," Reimer said, "so I'm just making sure we're ready to go for the weekend."

James Reimer
GETTY IMAGES

His absence comes at a good time because the Leafs have the day off Thursday and don't play until Saturday when the Washington Capitals are here.

The goalie left about 25 minutes into practice Tuesday, raising concerns that his heavy workload recently may have contributed to an undisclosed injury.

Babcock said when a player goes down with an injury, the tendency is for people to overreact. "Lot of these injuries that happen in practice, you get scared and you scare yourself," Babcock said.

TORSTAR NEWS SERVICE

Taking stock of the Leafs at quarter-season mark

THE HOCKEY NEWS
Adam Proteau
FOR METRO

With the Maple Leafs passing the quarter point of the 2015-16 regular season, it's a great time to take stock of some standouts — for both positive and negative reasons — for the organization thus far:

THE GOOD

Morgan Rielly: The 21-year-old defenceman's progress has continued at a pace that pleases Toronto management, and his natural skills on offence (including his 10 assists, which has him tied for the team lead) are just one part of his game. Head coach Mike Babcock wants Rielly to improve his defense, and although that won't change overnight, he's now one of the Buds' most trusted blueliners and averages approximately 22 minutes of ice time per game. It won't be long until he's regarded as one of the NHL's best D-men, and the Leafs haven't had someone with his kind of all-around talent in ages.

James Reimer: Yes, he can still surrender a cringeworthy goal or two, but Reimer's resilience has symbolized the heart of this Leafs squad. The 27-year-old doesn't give up on himself or his teammates, and that mentality is reciprocated by the entire team. Reimer is scheduled to be an unrestricted free agent at the end of this season, but if he keeps up this strong play, he'll guarantee himself a prominent job — either in Toronto, or somewhere else in the league.

Joffrey Lupul has been one of the bright spots on the Leafs so far this season, but the team's offence in general has not been as encouraging. CLAUS ANDERSEN/GETTY IMAGES

Joffrey Lupul: As one of the longest-tenured NHL veterans on the roster, Lupul has led the way for his teammates and leads the team in scoring with eight goals. As always, the key for the 32-year-old is good health — he hasn't played 70 or more games since 2008-09 — but if he remains in the lineup, Lupul has proven he can contribute offence to a team that needs every bit it can scrounge up.

THE NOT-SO-GOOD

Jonathan Bernier: Presumed by many to be Toronto's starting goalie this season, Bernier has struggled mightily — he's winless in eight appearances, with a dismal .895 save percentage — and lost the No. 1 job to Reimer after suffering an injury. The 27-year-old will still see action in net, but he's going to have to earn the trust of Babcock before he does. So far, that hasn't happened.

The Offence In General: With an average of just 2.23 goals-for per game, the Leafs' offence is the sixth-worst in the NHL this season. Reimer and the team's defence has kept them in games, but they can't expect to make a playoff push if they don't receive consistent scoring the rest of the year. The goals don't have to (and almost certainly won't) come from one player, but to remain competitive, Toronto needs more from the group at large.

Marc Bergevin got a big vote of confidence from the Canadiens Wednesday.
THE CANADIAN PRESS/RYAN REMIORZ

CANADIENS

Habs extend GM Bergevin through 2021-22

The Montreal Canadiens have rewarded Marc Bergevin's efforts to make the team a Stanley Cup contender, with a long-term contract extension.

The Canadiens announced Wednesday they signed their general manager and executive vice president to an extension through the end of the 2021-22 season.

The Canadiens have made the playoffs in three-straight seasons under Bergevin's watch, reaching the Eastern Conference final in 2013-14 and finishing second overall in the regular season before falling in the second round of playoffs last season.

Bergevin joined the Canadiens from the Chicago Blackhawks organization on May 2, 2012, taking over a team that had only 78 points in 2011-12 under Pierre Gauthier.

The Canadiens have posted a 141-68-25 record under Bergevin, ranking third in the NHL in wins over that span.

141
Number of wins the Habs have posted under Marc Bergevin

"This new agreement brings added stability for our organization and particularly for our hockey operations," owner and team president Geoff Molson said in a statement. "It enables us to continue our efforts in giving our fans a winning team."

Bergevin, 50, an NHL defenceman with eight teams from 1984 and 2004, became a scout for the Blackhawks after retiring as a player. He was assistant general manager in Chicago when he was hired by Montreal, his hometown team, although he never played for the Canadiens. His strength has been in player evaluation.

He got several of the Canadiens' core players under long-term contracts, signing superstar goaltender Carey Price to a six-year, US$39-million deal shortly after taking over the club in 2012. He also inked the team's top scorer Max Pacioretty, now the captain, to a six-year extension at the bargain price of $4.5 million per season.

Bergevin took P.K. Subban to arbitration before the 2014-15 campaign, but that ended when Molson reportedly intervened. The star defenceman agreed to an eight-year, $72-million deal.

THE CANADIAN PRESS

CHAMPIONS LEAGUE

PSG, Atletico, Juve all advance

Zlatan Ibrahimovic celebrated his return to his first senior club with a goal as Paris Saint-Germain advanced to the knockout phase of the Champions League on Wednesday while Juventus claimed top spot to qualify from Group D with a 1-0 win over Manchester City.

Ibrahimovic played his first competitive club match at his hometown team Malmo since joining Ajax in 2001. He marked the occasion by netting PSG's third goal in a 5-0 victory.

Already qualified before travelling to Ukraine, 10-time European champion Real Madrid conceded three goals in 12 minutes yet still came away with a 4-3 win over Shakhtar Donetsk in Group A's other match. Cristiano Ronaldo scored twice for Madrid.

"I lived a dream tonight, coming back. On top of that I scored one.
Zlatan Ibrahimovic

In Group B, Manchester United was left frustrated by another lacklustre performance in a 0-0 draw against PSV Eindhoven.

The group remains wide open and will be decided on the final day after Wolfsburg moved to the top of the standings with a 2-0 defeat of CSKA Moscow. Atletico secured its place in the next round with a 2-0 victory over Galatasaray in Group C and will travel to Benfica to decide first place in two weeks' time. Both teams have 10 points after Benfica recovered from a two-goal deficit to draw 2-2 at Astana.
THE ASSOCIATED PRESS

Childhood friends go at it on big stage

NBA

Joseph and Thompson stepping up for their teams

Cory Joseph was at Drake's concert last August when the Toronto rapper came out wearing Joseph's basketball jersey.

It was No. 6 in honour of Joseph's hometown, and the gesture was an unofficial welcome home to the Toronto Raptors. It took Joseph by surprise.

"I didn't know," Joseph said. "I asked (Drake) after, 'How did he get it before I got it?' But I mean, that's Drake. I guess it is what it is, but it was great."

Wednesday night's Raptors game versus the visiting Cleveland Cavaliers marked the third annual "Drake Night."

It was also a meeting between longtime friends Joseph and Cavs forward Tristan Thompson, who said "it's amazing" to see Joseph playing a significant role with the Raptors, after playing his first four seasons in San Antonio.

"I'm always texting Cory, I was watching all his games on (the Raptors' recent west coach trip). He's playing great basketball right now," Thompson said before Wednesday's shootaround at the Air Canada Centre. "Hopefully tonight he takes the night off. But I'm happy for him, and what he's been able to do so far in the season.

"I've known Cory since Cory's been 12 years old, so I know how talented he is, and he definitely showed flashes when he was with the Spurs ... I'm not surprised at all."

Joseph is averaging 24.7 minutes a night, up from 18.3 last season, and scoring 9.5 points compared to 6.8 last season.

Cory Joseph, left, and Tristan Thompson as teammates for the University of Texas in 2010. KEVIN C. COX/GETTY IMAGES

"He's a great guy, he's always had that motor that he plays with.
Cory Joseph on Tristan Thompson

Thompson, meanwhile, made pre-season headlines for a contract holdout that saw him eventually sign a lucrative five-year, $82-million US deal in late October. The Brampton native said it was a seamless transition in rejoining his team, despite missing a large chunk of the pre-season.

"I asked my teammates 'How was training camp?' and they said I didn't miss much," Thompson said.

Cavs coach David Blatt said Thompson — who averaged 10.1 rebounds and 7.8 points through the first 14 games — has shown no signs of rust.

"He's doing pretty good," Blatt said. "The things that he does and the things that he brings to the table are really the same and it didn't seem like he missed a beat."

Thompson and Joseph were teammates both while playing AAU basketball and at the University of Texas.

Joseph said of Thompson's game: "It's pretty good, but hopefully he plays bad tonight," then added "Oh that's what he said about me? We'll see.

"He's a great guy, he's always had that motor that he plays with. He's been great."
THE CANADIAN PRESS

Go to metronews.ca for coverage of Wednesday night's game.

NFL

Gifford autopsy reveals brain damage from his playing career

The family of Pro Football Hall of Famer Frank Gifford says signs of the degenerative disease chronic traumatic encephalopathy were found in his brain after his death.

In a statement released through NBC News on Wednesday, the family said he had "experienced firsthand" symptoms associated with CTE but did not offer specifics. Gifford died of natural causes at his Connecticut home in August at age 84.

His widow, Kathie Lee Gifford, is a host for NBC's Today. The statement said that the family "made the difficult decision to have his brain studied in hopes of contributing to the advancement of medical research concerning the link between football and traumatic brain injury."

"Our suspicions were confirmed," the Giffords added. THE ASSOCIATED PRESS

Rams receiver Bailey in hospital after being shot

A person familiar with the situation tells The Associated Press that suspended Rams wide receiver Stedman Bailey is in critical, but stable condition after being shot.

The Rams said in a statement they were "aware Stedman Bailey was involved in an incident" late Tuesday and that they had spoken with him. Bailey was shot, according to the person who spoke to the AP on condition of anonymity because details have not been released by the Rams.

Stedman is a 2013 draft pick out of West Virginia. He is serving a four-game suspension for violating the NFL's substance-abuse policy. THE ASSOCIATED PRESS

The Warriors' Stephen Curry drives to the basket against the L.A. Lakers on Tuesday night. NOAH GRAHAM/NBAE VIA GETTY IMAGES

NBA

Ailing Kerr a catalyst for Dubs' record start

Even though he hasn't been in his usual spot on the bench, ailing coach Steve Kerr has contributed plenty to Golden State's record start.

On Tuesday night, his defending champion Warriors routed the Los Angeles Lakers 111-77 to become the first team in NBA history to begin a season 16-0.

Hours earlier, Kerr offered his thoughts — then spent the game behind the scenes still recovering from a pair of back operations as interim coach Luke Walton led the squad to its latest win.

It hasn't been easy to be away as he heals. Kerr's message focused on Golden State's core values: Joy. Mindfulness. Compassion. Competition.

"He emphasized how proud he was watching them.
Interim coach Luke Walton on coach Steve Kerr

"He just reminded everybody, he put them up on the white board before we started shootaround and he reminded the guys what those values were," Walton said. "He emphasized to them how proud he was watching them, because we're hitting all four of those values. The first one and the most important one is probably joy. He wants us having fun."

Kerr challenged this group to take it to another level this season and not settle for being the champs, acknowledging the Warriors will get everybody's best shot in every city and at home.

Golden State took that to heart, determined to show that last season was no fluke for a championship-starved franchise that captured its first NBA crown in 40 years.

"It's boggling my mind what this whole team does," said former Warriors star Jason Richardson. "You always wanted for this organization to be in this position."

The Warriors surpassed the 15-0 starts by the 1948-49 Washington Capitols and 1993-94 Houston Rockets.
THE ASSOCIATED PRESS

Coaches keep players' focus on the grand prize

103RD GREY CUP

Redblacks, Eskimos on final approach for title match

They're different personalities, but Rick Campbell and Chris Jones are taking similar approaches to preparing their teams for the Grey Cup game.

The two will make their Grey Cup head coaching debuts Sunday when the Ottawa Redblacks and Edmonton Eskimos meet in Winnipeg.

On Wednesday at the annual Grey Cup coaches news conference, Campbell and Jones said they've told their players to enjoy this week but not lose sight of why they're here.

"If you win the Grey Cup, you're a Grey Cup champion forever and you'll remember it forever so that's where you want the focus to be," said Campbell, in his second season at Ottawa's head coach. "We're not going to discourage our guys from interacting with fans and enjoying the process but it's got to be about football."

Jones's message was much more direct. "You assume when you're young that a lot of things are going to happen over and over and over," the Tennessee native said with a noticeable southern drawl. "There's no guarantee that you'll ever be back.

"We flew in on a plane and that plane's going out so if you act the wrong way (you'll be on that flight out of Winnipeg)."

It's no accident Edmonton and Ottawa are in the CFL title game. Both teams finished atop their respective divisions under their second-year head coaches.

After winning just two games in its inaugural season, the Redblacks topped the East Division with a 12-6 season and put an Ottawa-based team into the Grey Cup for the first time since 1981 with a thrilling 35-28 conference final win over the Hamilton Tiger-Cats on Sunday. Edmonton finished tied with Calgary for the CFL's best record at 14-4 but got first by winning the season series with the Stampeders, then dispatched the defending league champion 45-31 in the West conference finale.

Appropriately, Campbell and Jones are finalists for the CFL's coach of the year honour.

Campbell and Jones will also field very similar teams Sunday: strong offences anchored by veteran quarterbacks and rugged, pressure defences. Ottawa quarterback Henry Burris, 40, is a finalist for the CFL's outstanding player award after passing for a league-high 5,703 yards while Edmonton is a stellar 9-0 since starter Mike Reilly returned under centre. THE CANADIAN PRESS

Henry Burris and the Redblacks take to Investors Group Field on Wednesday afternoon for practice ahead of the Grey Cup game Sunday. JOHN WOODS/THE CANADIAN PRESS

Rick Campbell and Chris Jones
THE CANADIAN PRESS

Big-game vets

Campbell and Jones are in their first Grey Cup game as head coaches, but both have been here before as assistants. Campbell is making his fourth appearance while Jones is in his sixth CFL championship contest. Campbell has won twice, Jones three times.

SEX

Campbell just fine with his players scoring off the field

Rick Campbell isn't about to mess with success.

The Ottawa head coach said if scoring off the football field helped his team get to the Grey Cup, he's fine with his players getting lucky this week as the Redblacks prepare to face the Edmonton Eskimos on Sunday in the CFL title game.

Campbell, in his first CFL championship contest as a head coach, offered a brilliant answer when asked the traditional question about pre-game sex at the annual Grey Cup coaches news conference Wednesday.

"It's my job to put guys in the best position to have success, whether that's on or off the field," Campbell said with a straight face. "So I guess I'm going to give advice more than a policy.

"This would probably apply to most of our players and coaches and it mirrors our football team is that the odds aren't good and no one gave you much of a chance, but if you pay attention to detail and you execute and you do it with zest and enthusiasm, anything can happen."

Campbell's deft answer left Edmonton head coach Chris Jones almost speechless.

"How do you top that?" he asked.

THE CANADIAN PRESS

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RECIPE Zesty Chicken, Red Beans and Rice

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This hearty, crowd-pleaser is so perfect for a cold, fall night you may not mind so much that winter is coming. Well, maybe that's a stretch, but it's really delicious.

Ready in
Prep time: 60 minutes
Serves 4

Ingredients
- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 x 15 oz can of kidney beans
- 1 x 19 oz can of tomatoes
- 1 cup frozen or fresh corn
- 3/4 cup chicken stock
- 1 cup brown rice
- Small handful of chopped cilantro and quartered limes for garnish

Directions
1. Preheat the oven to 350 F.
2. On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture until well-coated.
3. In a large Dutch oven or oven proof pot, heat up the olive oil over medium high heat. Brown the chicken on both sides. Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.
4. Turn the heat down to medium and add the garlic, allow it to soften and become fragrant. Add your beans, tomatoes, stock, corn and rice. Stir. Break up the tomatoes with the back of a wooden spoon. Raise the heat again so that your mixture comes to a boil.
5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

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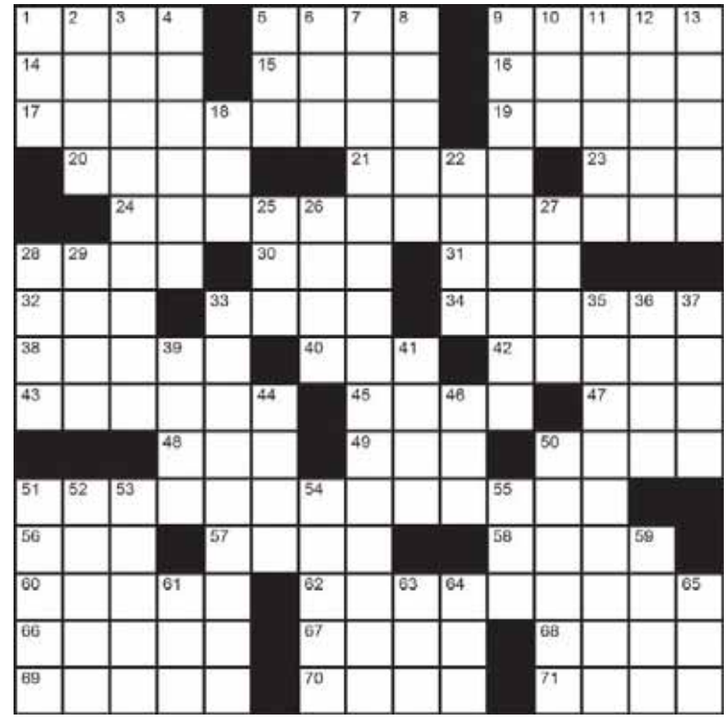
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Noun modifiers [abbr.]
5. Aristocrat of India
9. Lazy __ (Kitchen cupboard upgrade)
14. Throw out
15. __-steven
16. "The Devil Wears __" (2006)
17. Staunch
19. Like a lotus position
20. "How silly __ __." (My bad)
21. Fertilizer component
23. Irish airline, with Lingus
24. Colour choice for a retro-style fridge: 3 wds.
28. Mr. Onassis, et al.
30. Tic-Tac-Toe win
31. Poet's 'atop'
32. Trend
33. __ 'n' Turf
34. Escargots: English
38. Commander played by Lorne Greene on "Battlestar Galactica"
40. U.S. airer of "The Walking Dead"
42. Faultfinder
43. Canadian bathroom tissue brand with the white kittens
45. Comply
47. "Law & Order: ___"
48. Cleaning cloth
49. Vegas locale, briefly
50. Coffee table film
51. Specialty of Canadian tour operator Transat A.T.: 2 wds.
56. "Am __ brother's keeper?"
57. Smudge
58. Mr. Thicke
60. Celebrity chef Mr. DiSpirito
62. Relaxingly reflects
66. Robin Hood's need
67. Spring months
68. Eternities practically
69. "You Shook __ __ Night Long" by AC/DC
70. Primordial matter of outer space
71. Maple __

DOWN
1. Sit-ups targets
2. ___ death (Overuse)
3. Sgt. played by Dan Akyroyd in 1987's "Dragnet", a comedic take on the classic same-named crime franchise: 2 wds.
4. John of FOX comedy "Grandfathered"
5. NHL official
6. Director Ms. DuVernay
7. Bible-inspired 1989 movie by Canadian director Denys Arcand: 3 wds.
8. Cavern
9. Canada's CSIS or Britain's MI6, for example: 2 wds.
10. Prefix meaning 'Tail'
11. TV actress Katey
12. "Have a lovely voyage!"
13. Mother-of-pearl
18. Ms. Winger, to pals
22. Some might be inflated
25. Promissory note
26. A Doll's House wife
27. Donkey's call
28. Outlying
29. Swiss watch manufacturer
33. Item to put lettuce, cucumbers, dressing, etc. in: 2 wds.
35. One installing fibreglass
36. Ms. Tyler's
37. Rabbit-style tail
39. Great Big Sea's "__-Mac"
41. "Ten-four." sayer
44. Equal: French
46. Ms. Longoria
50. Canadian professional golfer, Graham __
51. Archie Comics character Mr. Lodge
52. Irish rebel Rory
53. Health club outfit material
54. Scrumptious
55. Tub
59. Reality star Ms. Leakes
61. Mil. officer
63. Tie-__
64. 'Ideal' suffix
65. NNW's opposite

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Demand the best and you will get it. With the Sun moving through one of the most dynamic areas of your chart you only have to snap your fingers for others to come running.

Taurus April 21 - May 21
The pressure you're under may be intense but it's nothing you haven't experienced before and nothing you can't handle. In fact, you will make such a success of it that even your rivals will shower you with praise.

Gemini May 22 - June 21
There are a lot of changes in your world at the moment and some of them are a bit worrying. But no matter how great the upheavals may get you have nothing to fear.

Cancer June 22 - July 23
There is no limit to what you can do. Where work and money are concerned now is the time to push yourself. The effort will pay off.

Leo July 24 - Aug. 23
Romantically and creatively the sky is the limit. The Sun in Sagittarius endows you with massive self-confidence, to the extent that you believe that all things are possible — and your belief will make it a fact.

Virgo Aug. 24 - Sept. 23
Try not to let your emotions get the better of you, because once they start to unravel it's unlikely you will be able to stop them getting entirely out of hand. Whatever the problem is it's not worth getting upset about.

Libra Sept. 24 - Oct. 23
You will want to be on the move today. Realize that you will achieve more if you get out and about and meet as many new people as possible.

Scorpio Oct. 24 - Nov. 22
Know what you want and you know where to find it. If you do then there is a very good chance that you can make it your own. Above all Scorpio, don't listen to those who urge caution.

Sagittarius Nov. 23 - Dec. 21
The Sun in your sign means there is no holding you back. The only danger is that you could take on too many things and not be able to give your best to what is most important.

Capricorn Dec. 22 - Jan. 20
You are under no illusions about what needs to be done. You are smart enough to realize there are no shortcuts. What you're working on demands your full and undivided attention and your very best efforts.

Aquarius Jan. 21 - Feb. 19
You will do something today that turns heads and gets tongues wagging — and you will love every moment of it. But don't neglect those who have stood by during the bad times. Give them some attention too.

Pisces Feb. 20 - March 20
You can take great strides on the work front. Very Important People will be on your side and very soon you could be a VIP yourself.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6				1				5
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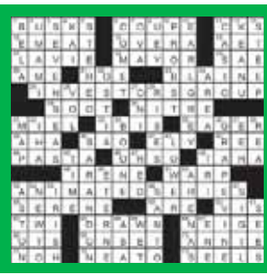

3	2	9	7	5	4	8	6	1
1	4	7	9	8	6	5	3	2
6	5	8	1	2	3	9	7	4
5	8	1	6	9	7	4	2	3
4	9	6	2	3	1	7	8	5
7	3	2	5	4	8	1	9	6
9	1	3	8	6	5	2	4	7
8	7	4	3	1	2	6	5	9
2	6	5	4	7	9	3	1	8

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COMPREHENSIVE LIMITED WARRANTY†† ON ALL HYUNDAI MODELS

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HWY: 7.4L/100 KM
CITY: 10.4L/100 KM▼

Sport 2.0T model shown♦

- AVAILABLE BLIND SPOT DETECTION WITH REAR CROSS-TRAFFIC ALERT
- AVAILABLE PANORAMIC SUNROOF
- AVAILABLE FORWARD COLLISION WARNING
- AVAILABLE ADAPTIVE CRUISE CONTROL

$5,000
IN PRICE ADJUSTMENTS!Ω

ON ALL SONATA MODELS

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CITY: 12.9L/100 KM▼

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5-year/Unlimited km 24 Hour Roadside Assistance

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